

AUSTRALIA'S MOST POPULAR SELF-SUFFICIENCY MAGAZINE

Grass Roots

AUST. \$5.75 incl GST

New Zealand \$7.15 incl GST

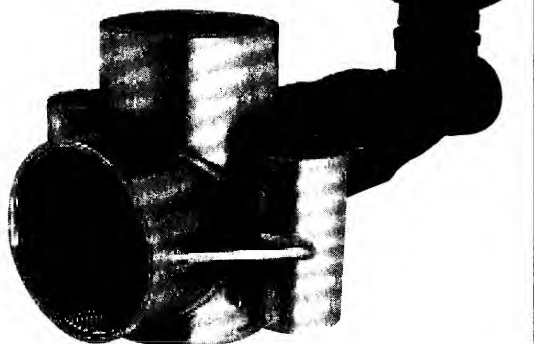
No. 148. DEC 01/JAN 02

Printed on plantation-grown paper

- Homemade Gifts • Protect Your Fruit
- DIY Aussie Travel • Build a Stone BBQ
- Bushfire Planning • Pekin Bantams as Pets
- Vegetable Oil Soap • Cheap Chookhouse • More



Pump water with water.



Works in any creek or stream with 0.5m fall.

- Solid stainless steel body for long life.
- One moving part – no maintenance.
- Typical flow 200 litres/hour.
- Tested up to a 30m head over 500m.
- Five years development. Two year guarantee.

For details, phone (02) 9893 7586 fax 9689 3663.

***Ask about our introductory discount.
Designed and made in Australia***

The Turon Pump, 26 Hunter Street, Parramatta, NSW 2150.

apples, bananas, cherries, dandelion, endive,
figs, herbs, hummus, soyabeans, tea, soap,
macadamias, garlic, chillies, lemon grass, pasta,
cauliflours, roses, broccoli, peas, rocket, lettuce,
bokchoy, avocados, tomatoes, herbal extracts,
massage oils, potatoes, carrots, cheese, jams,
sauces, eggs, honey and more

**For ALL
your organic certification needs***

**join OHGA
the friendly certifier**

PO Box 6171, South Lismore NSW 2480

tel: 02-6622-0100 fax: 02-6622-0900

email: ohga@nrg.com.au

www.organicherbs.org

Cellulose Valley, Southern Cross Uni, East Lismore 2480

* the small print: no levies charged on your sales

**AQIS & JAS
accredited**



WANTED SITEHOLDERS

Seymour Alternative Farming Expo

15th, 16th, 17th February 2002

9.00am – 5.00pm each day

Ph: 03-5799-1211 Fax: 03-5799-1311

Or register on our website: www.seymour-expo.com

This is an agricultural field day which focuses on new and different products applicable to the backyard farmer, the blockie and the hobby farmer right through to the mainstream farmer.

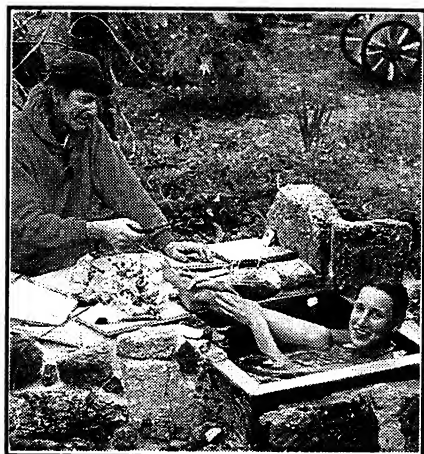
We will be showcasing a range of exotic livestock, small agricultural equipment, timber milling, fine food, fashion, and unique and specialised crafts along with alternative lifestyle options such as sustainable/renewable energy.

If you fall into any of the above categories or if you can provide food/beverages or gourmet catering, book your site now for the:

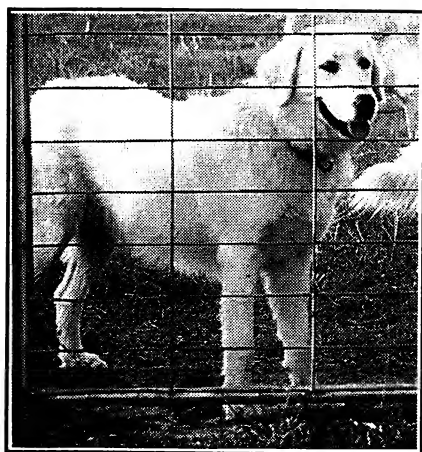
SEYMOUR ALTERNATIVE FARMING EXPO

Elizabeth St, Seymour 3660

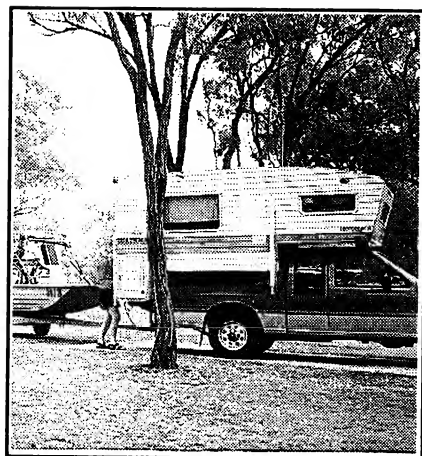
Welcome to Grass Roots magazine



Sophisticated stonemason, page 19.



Protective bond, page 51.



Cut loose, page 15.

PEOPLE

A Lovely and Fun Wedding
Involving the children

Beach Wedding
Coastal culture

Mountain Weddings
Stunning simplicity

Have a Joyous Christmas
Gift choices from GR staff

Australian Odyssey
The trek to Cooktown

Becoming Community
Bringing people together

Sign Language For Babies
Fun communication

Eve Hofstetter 6

Cindy Hellier-Oliver 7

Barbara Griffiths 9

14

Adam Johnson 15

Chari Jolly 27

Carolyn Crichton 48

FARMSTOCK

Pekin Poultry
Ideal garden forager

Marvellous Maremmas
Stock guards par excellence

Cheap Chookery
Movable hen house

Charlie Schroeder 23

Helen Brenner 51

John Holland 64

GARDEN

Herbs Pests Hate
Planting repellents

A Bit On The Shady Side
Cool for plants

Keeping Out The Birds
A fruitful exercise

Avoiding Transplant Shock
Moving advice for plants

Rosemary Sage 18

Robert Millet 25

Andrew Zylinski 53

Neville Jackson 67

CRAFT

A Crafty Christmas
Novel gifts to make

Recycling Runs Riot, Tree Decorations
Projects for scrap-savers

Great Gifts For Guys
Practical pressies

Heather Kozak 11

Roberino 59

Jose Robinson 63

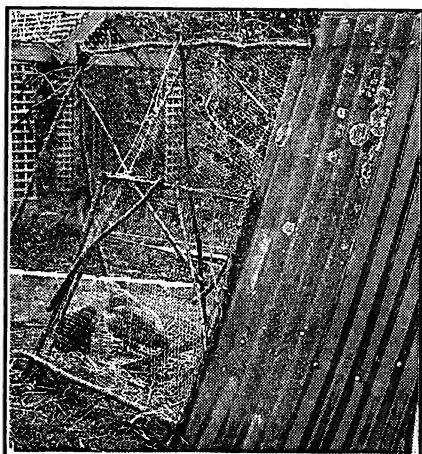
HEALTH

Common Ticks of Australia
Know your foe

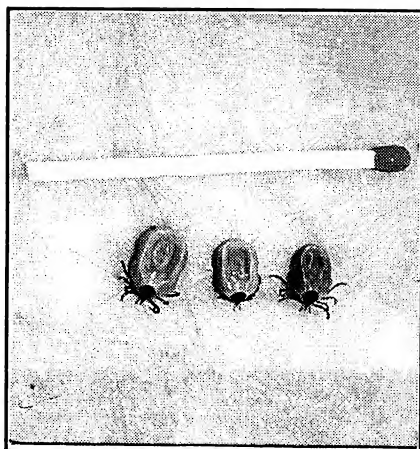
Garden Bounty, Sage
Healing infusions

Elaine Williams 31

Cheryl Beasley 62



Bush carpentry, page 64.



Ticked off, page 31.



OWNER BUILDING

Build A Multinational Barbie
Backyard bliss

Trever J Wilkins 19

PRACTICAL DIY

Don't Throw It Away
Redefining rubbish

John Mount 10

Olive Presses
In the Greek tradition

Roberino 22

Simple Knots
Tie, tether or tow

Ray Taylor 26

Bushfires
Tips to prevent tragedy

Tony Zammit 29

Recycled Coffee Roaster
44 gallon bean toaster

Aarn 56

Vegetable Oil Soap
Brew up a big batch

Frank Brehe 57

FOOD

Vinegar In The Kitchen
A dash of flavour

34

Christmas Treats, Special Dietary Needs
Painless indulgences

Robyn Leah 47

An Excess Of Mangos
Preserving – a tropical taste

60

Roberino's Chocolate Cake
Definitely not for dieters

Roberino 24

ALTERNATIVE TECHNOLOGY

Biodiesel, Technical Considerations
Engine protection

John 61

REGULARS

Gumnut Gossip
Livestock Health & Management
Eco News
Feedback Link-up Feedback
Kids Page
In The Kitchen
What's On
Round The Market Place
Recent Releases
Down Home on the Farm
Penpals
Grassifieds

Megg Miller 5
35
36
37
49
50
55
69
70
Megg Miller 72
73
74

COVER PHOTOS

Front Cover: Eve and Bruno Hofstetter's joyful wedding was enhanced by the participation of their children. Our fun GR wedding feature, beginning on page 6, proves you don't need to rob a bank to create a memorable occasion.

Back Cover: Ever-inventive, Trever Wilkins describes how to add zest to outdoor living with this stunning barbecue feature. See page 19.

Edited by Megg Miller and Mary Horsfall.

Published by Grass Roots Publishing Pty Ltd, Box 117, Seymour 3661. Ph: 03-5792-4000, fax: 03-5792-4222. For classifieds see page 74.

We take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do we accept responsibility for the accuracy of statements made by contributors. Printed by Newspinters P/L, Melbourne Rd, Shepparton 3630.

Ph: 03-5831-2312. ©2001 by Grass Roots. No part of this publication may be reproduced without written permission of the publisher.



Christmas may be just around the corner, but in the GR office we're all focused on a different celebration – Sabrina, our young desktop publishing operator, is about to get married. By the time you receive and read this issue she will have said 'I do' with partner Daniel in a picturesque setting at Hanging Rock. Naturally, she's endured numerous bad-taste jokes regarding the choice of venue and being spirited off in her purple (yes purple!!) finery, like the fair maidens in the film 'Picnic at Hanging Rock'. Suni has been instructed not to let Sabrina out of her sight. It's a small family affair so we'll have to await Suni's stories and Marcel's marvellous photos for details of the day. We know we'll have a great wedding shot to share next issue with Marcie behind the lens.

Clearly we're not the only ones with weddings uppermost in mind. We received three gorgeous stories to feature and, of course, the lovely cover photo. And what's brought on this fascination with getting married? In GR146 we published a letter in Feedback from Kelly Charlesworth requesting ideas for a GR wedding and reception. This letter struck a deep chord with readers. It was the first time Kelly had written: 'I didn't expect my letter to make the pages, nor in my wildest dreams anticipate the replies that I received. They were so full of love and energy and so inspirational that I was left feeling overwhelmed and so warm and fuzzy that I had to write again and share their wonderful ideas with you all and especially young/old GR couples looking to have a GR alternative wedding.' Kelly's lovely letter actually arrived just before we went to press and the best we could do was squeeze in a few lines here, seeing it was appropriate to the contents of this issue. We're not sure what Kelly's plans are yet, but with the suggestions she has already received and the wonderful weddings featured in this issue she should not be short on ideas.

Another item published in a previous issue of GR also elicited a positive response, but not before causing a couple of readers puzzlement and concern.

We received a couple of penpal letters from young boys earlier in the year and their requests were printed in the June-July issue. The youngsters were twins, though they didn't say this in their letters, and not surprisingly a couple of readers contacted us questioning how two boys the same age could both live next to the beach on the Gold coast. 'Strange coincidence,' one commented. Another was more succinct: 'I smell a rat!' No, no rats, twins. We received handwritten notes from Danny and Jordan in late October thanking GR for the penpals they now have and saying, 'Our mum Charmaine has been reading your magazine since before we were born. We love to read the magazine and when our mum showed us the penpal column we were jumping with joy when we saw our letters.' Thanks fellas for your notes of appreciation and well done Charmaine, Danny and Jordan sound great boys.

GR readers are a talented bunch – you know that and so do we. One reader in particular we want to mention this issue is Pam Cole. Pam has been a contributor as well as a reader for donkey's years, the most recent story of hers going to press in GR143. She writes sensitive, perceptive stories about her past and has just had her second book published. *Grub Pudding* features 'more tales of a country childhood' and is sure to be as entertaining and enjoyable as *Cottonwool Sandwiches*, her first book. We feel very proud of this achievement as Pam initially gained experience and confidence writing for GR, and we know she battles impaired health but still manages a productive life. Details are below if you would like to get a copy for your Christmas stocking.

With so many years of publishing behind us, you could assume back copies to be a real money spinner, but no, we don't post out the numbers we used to. They can be found at garage sales and markets or, as the following note shows, they're often given away to start a second well-read life. 'Your magazines were donated to our environment centre library (Naragebup Rockingham and Regional Environment Centre). I

have been cataloguing them and in doing so have come across many useful and unique articles, from a smoker for germinating seeds to making tofu. The main theme that shines through is the continuity of generous sharing of practical experience, with true regard for the sacredness of nature. As editors, Megg and Mary, you have created a publication that shows the richness of Australian country life and its diversity.' – Jennifer Pommerin. Thanks for those kind comments Jennifer; pretty special people read and contribute to GR and we couldn't do our job without them.

It's Christmas and the season to be carefree and merry, but where has the year gone? Did I miss a month or two somewhere or is modern life moving at an even faster pace? Shortly we'll be celebrating publishing our 150th issue of *Grass Roots* – now I'm starting to think I've missed a few years somewhere. Time flies, I'm assured, when you're having fun, and this year has indeed taken wings. Thank you one and all for your letters, articles, suggestions and subscriptions. Thanks especially for being such genuine, generous, down-to-earth people. Our faith in human nature is boosted regularly when we speak with you or read your correspondence. I believe we need *Grass Roots* more than ever – its practical suggestions, common sense advice and preparedness to help others. The wonderful willing crew here at GR joins with me in wishing you all a happy Christmas, and peaceful 2002. Before finishing, I send two extra special wishes: to Jean Niland from Ballina, who at 86 isn't renewing her subscription because she doesn't think she needs the practical help now, 'but I know I'll miss you', and Meg Deakin, who is in her 70s and a real battler living on five acres. She lived out west in the bush and still misses it, but says she will go back one day. Whether you're 28 or 78, we wish you a coming year that is rich in the spirit of *Grass Roots*. ☘

Anyone interested in obtaining Pam Cole's new book can contact her at: 25 Wallaroo Rd, East Seaham 2324. Ph: 02-4988-6871. Email: pamcole@bravo.net The price of \$25 includes postage.

A Feedback letter asking for readers' alternative wedding ideas brought forth such a joyous, life-affirming response, what could we do but share it. Our thanks to Eve Hofstetter and Cindy Hellier-Oliver for writing about their own weddings, to Barbara Griffiths for describing the weddings of her two daughters, and to Kelly Charlesworth for her letter that initiated this practical and inspiring feature.

A Lovely And Fun Wedding

by Eve Hofstetter, Narrabundah, ACT.

I'm replying to Kelly's question (in GR 146) about an alternative wedding. We would love to share our experience with you. As a family with five (six in the meantime) children, our financial situation did not allow for great plans. We initially planned to just marry in front of the registrar, but the children rebelled and that is how our wedding idea evolved to a BYO barbecue – bring your own everything. The whole wedding cost \$2000, which was a gift from our parents overseas.

The invitations were designed by the children then photocopied in colour. The celebrant, who is also a priest, was happy to join the party. The clothes were bought at the Community Aid Abroad Shop and will be worn for years to come, though the kids did roll their eyes at the hippy clothes. The flowers, sunflowers and irises, were a gift from a florist friend. We bought some champagne and wine and made 150 savoury pastry pouches as an entrée, which we transported in a washing basket lined with a tablecloth. Cakes were baked by four friends. Instead of confetti we asked for rice



Above: Bruno and Eve (on the left) with friends at their wedding near the Cotter River. Left: The flowers were the gift of a florist friend.

and bird seed, much to the later delight of the birds.

We found a beautiful barbecue area at the Cotter River near Canberra. The park ranger was informed that approximately 50 people would be in the area and he arranged for extra benches and tables for us. And what a day it was! It was May and the changeable autumn weather blessed us with sun, rain, hail, more sun, and even some snow (a good sign, we are sure).

Everyone brought food and all was shared. One of our friends (a music teacher) spontaneously started singing the Wedding March and everyone

joined in. Needless to say that's when the sun made a big appearance. When we were all cold enough we moved to the nearby pub which had a huge fireplace and a jukebox with 60s and 70s music. That night some friends came back to our place to help finish the left-over food and wine. We did not exchange any rings – our children are our jewels. We did not think of taking too many photos but have one roll of memories.

Our wedding was a lovely and fun experience, which our friends still talk about. So Kelly and everyone, go for it. It's not the pomp, jewels and expensive clothes that count, but the company of friends and beautiful Mother Nature. A special wish for happiness to all of you. ♪



Beach Wedding

by Cindy Hellier-Oliver, Conway, Qld.



As I was playing hairdressers with my four-year-old daughter, sitting on the little kiddie's chair, trying to read my *Grass Roots* while having my hair pulled, yanked, curled and brushed over my eyes, I came across Kelly's request for GR wedding ideas. Excitement came over me, as I have oodles of ideas from our wedding (now close to 10 years ago) to share, and hope that they could be of help to others who want to have a tremendous and memorable day without having to outlay precious pennies.

When it came to invitations, I purchased a ream of stiffened marble paper straight from the wholesaler. It was still suitable to go through a computer printer, so I typed up the special little message and printed it. Nothing over the top with printing fonts, just plain print and no artwork. I purchased a bunch of small dried flowers, a bunch of dried wheat stalks and several metres of gold thin ribbon. I tied small bows from the ribbon and placed several small dried flowers in the top corner

with ribbon glued on stalks, and bottom side, two wheat stalks with another gold ribbon glued over middle of stalk ends. Every jam, fruit, baked bean tin or wine bottle was used in the process of pressing the flowers, ribbons and glue to the invitations. Every night for several weeks I filled the lounge room floor up with the invitation-making process.

The mailing cost was a little extra because the invitations couldn't be folded. Most were handed out personally to avoid postage. One funny story with an invitation that was sent out to the bush: Our friend phoned to say he didn't receive his invitation, and we were sure we sent it. We put it down to the crows! The crows must have smelled the wheat stalks and stolen the invitation. Beware of the wildlife! Relatives made the effort to travel such a long way because, they said, we had made a huge effort in making such lovely invitations they couldn't decline.

We were married on the beach edge, so we organised a local club's marquee.

When it came to lighting, we collected old sherry bottles – from many friends and pubs, cut off their tops with a glass cutter – and large open-neck coffee jars (contact the manufacturer for 'seconds' jars). We placed glue around the upper edge and dipped the tops into sand grit from the beach and placed large owl-shaped candles inside. Why owl shaped? That is the only candle mould our local craft shop had at the time – and they were great! The groom-to-be was very involved with the candle-making process. The jars protected the candles from the sea breeze and the candles melted into the jars, causing no mess. Each table had several of these candle jars for lighting. At the end of the night most of these items were collected as wedding souvenirs. The owls had long flown the coop, and a mass of wax lay in the bottom – still working.

For table decorations, I used 'seconds' terracotta pots with saucers. The terracotta pots had their drain holes plugged up with silicon and were used as ice buckets to hold bottles of wine. The

pots sat in saucers that had clay balls (I'm a potter, but you could use kids Plasticine etc) to hold in bunches of cumquat fruits and branches of leaves cut off my mum and dad's tree. Okay, so I outlaid money for the terracotta pots, but today, these pots now hold my daughter's little pansy flowers, and throughout the past 10 years they have housed many a flowering plant or herb.

Talking about bottles of wine . . . At the time we joined a wine club and throughout the 12 months leading up to the wedding we purchased mixed-dozen boxes (sometimes they give you a free bottle of two with the order) at the special prices. Considering where we lived, and the lack of availability to a bottle shop, this was our cheapest option.

With plenty of planning you can save yourself heaps of money, but still have the best memorable wedding celebration. I sewed calico napkins and I was lucky enough to have a very talented mother who does 'hardanger'. She made napkin rings as a special treat. I still have a lot of those napkins today, used for everything and anything. We made calico chair covers to go over the good old hired blue plastic chairs. Ten years later, we are using the last of those calico chair covers at our dining table to cover a collection of old chairs – it sure makes the table look fancy. The wedding party tables were covered with calico as well, and those tablecloths have long done their duty, some bits are in use in the shed still.

Skip the polished cars, ribbons etc. To get to the wedding, make a grand entrance! My parents' house was only a street or two away from the beach edge, so I would have been quite satisfied to walk to the ceremony. But, my dad insisted on something else. So



The wedding party made a grand entrance in fishing tinnies drawn by Fergie tractors.

I left that to him and he produced three old, old Fergie tractors and three old fishing tinny boats – fish smell and all! They were compliments of the neighbours and my dad, and it set the scene for a great celebration beside the beach.

Luckily, we have some talented friends who played music throughout the wedding celebration and also provided the guests with 'bbq sauce bottle' shakers and other homemade musical instruments to join in the singing, music and merry making.

Our photographer was a young guy who had an interest in photography. He provided us with all the negatives and photographs, and from there we could do our own enlarging and copying through an outlet where we could do the best deal. Besides the normal wedding poses, don't forget things that are of interest to you. I just love old woodstoves, and a neighbour had one out the back where she cooked her corned meat. Quite a few wedding pics were taken around the old rusty stove and huge rocks at the beach where we 'swooned' and 'casually' enjoyed ourselves with the camera clicking away. Also, the tide was out (low, low, low tide) and the ripples in the sand made by the outgoing tide were perfect for a backdrop.

I haven't yet mentioned much about our attire. My husband had a black



The happy bride and groom.

double-breasted jacket, so we matched up some black pants and they have been the best buy. Since those 10 happy years ago, that jacket (the pants don't fit anymore), plus another set of black pants from the secondlife shop, gets borrowed by friends, used for weddings, fancy dress parties, and local balls that we love to attend. I had planned to have my Thai silk wedding dress cut off to cocktail length after the

COLLOIDAL SILVER Nature's Antibiotic

**Effective against 650
Bacteria and Viruses
For Humans, Animals & Plants
Free Info pack on Colloidal
Silver & how to make it for free.**

**K.R.C. Health Solutions
PO Box 502,
Mermaid Beach Qld 4218
Ph: 07-5575-6150
Fax: 07-5575-6149
www.krchealth.com
email: info@krchealth.com**

28 TAMBORINE ST, MERMAID BEACH, 4218

occasion. But, you know the go girls . . . something happened to the waistline, bustline etc. So it hangs happily in the wardrobe (still with the red wine stains . . . after dry cleaning). I was going to cut it up for christening gowns as my grandmother did with hers, but, well, my daughter might like to dress up in it later down the track. Oh, nearly forgot – about the material for your wedding dress and bridesmaids – we all had the same material, colour etc. I only had to buy one large roll of material on a hugely reduced special price. We had all our dresses homemade. My dried flower arrangement wedding bouquet still stands proudly in the corner near the dining room table, displaying its beautiful colours.

So, all in all, the little money spent on our wedding 10 years ago is in some way still being utilised today. The main thing out of all of this is, we had an absolutely fun time preparing for the day, and an absolutely great time on the day. We look at our wedding photos and have a chuckle about various things. Little things that you do yourself or your family prepares are sometimes the longest lasting happy memories of your guests and yourselves on what should be one of the happiest days of your life.

Congratulations Kelly and fiancé. All the best with the wedding preparations. Let your imagination go loose and enjoy! 🌿

Mountain Weddings

by Barbara Griffiths, Markwood, Vic.

My two daughters, Linda and Jenny, were both married on mountains (Mt Buffalo and Falls Creek) by marriage celebrants. On each occasion I made the cakes, one a fruit cake and one a boiled chocolate fruit cake. We also decorated the cakes ourselves. Jenny purchased a tie-dyed dress and Linda made her own.

Both receptions were held at camps, as used by school groups, and guests stayed overnight. Linda and Jenny agreed that this added to the relaxed feeling of the occasions. Guests didn't need to go to the expense of buying special outfits for these 'bush' weddings, and there's no room for airs and graces when you are going to see the people the next morning.

Invitations were computer generated and looked most attractive. Linda wrote out the place cards and handmade chocolates for the guests. Photographers were friends of the family and flower decorations, all native flowers, were created by an in-law.

Good luck, and keep it simple. Remember, it is your wedding and you can choose how to hold the ceremony. 🌿



Jenny and Andy (above) and Linda and Dave (Linda on left with Jenny) enjoyed separate outdoor, mountain weddings.



Don't Throw It Away!

by John Mount, Woodford, Qld.

A sound man who is good at salvage ensures nothing is lost.

Lao Tze 400 BC

It's a pity in this throw-away era that manufactured articles, particularly household goods, are discarded as rubbish when they eventually fall into various stages of disrepair. It might come as a surprise to many that items once thought to be unusable can be repaired, recycled, or, at the very least, reused in some other fashion than was originally intended.

For example, instead of throwing away a leaking rubber hot-water bottle consider the following ideas.

- Try sealing the leak with a bike puncture kit or other type of rubber sealant.

- If the bottle is no longer suitable to hold liquids, fill it with sand and heat it in the sun or in a warm oven. Alternatively, it can be cooled by placing it in the fridge. The sand-filled bottle can then be used as an emergency heating or cooling alternative.

- Fill the bottle with scraps of cloth, foam, or some other soft material and use as a kneeling pad in the garden or as an all-weather 'pillow' on garden furniture.

- The bottle can also be used as a slow drip feeder for plants. It can be suspended above the plant by using the already existing top or bottom hole in the bottle.

Old tyres, although still a big disposal problem for the world, can be reused by the householder in a number ways.

- Purchased or homemade seesaws can be made much safer for children by burying two-thirds of a tyre under each end of the plank, allowing the protruding third to act as a bumper.

- Very durable thongs, sandals and other footwear can be cut from the treaded section.

- Instead of tethering animals, particularly grazing animals, to a stake or some other immovable object, they can be tied to an old tyre or two which will not only give them the added freedom of movement, but will restrict them to a slower pace.

- Other uses are as buffers for boats and carports (ideal in confined areas) swings for children, garden decorations (swans etc).

With a little thought it is surprising the number of other uses that can be gained from common household items that are often thought ready for disposal. For example, the top spout sections of plastic containers when cut off below the handle and inverted, make handy funnels for other liquids. Plastic milk containers can be used for a limited time as water and cordial containers for picnics etc. Don't throw out soft drinks that have become flat, they make delicious ice-blocks for the kids.

It is a very sobering thought that if every substance were to be passed down through the long chain of reuse and recycling, the earth would probably not be in the polluted state it is today.



FREE Tape and Report Reveal...

"How To Meditate Deeper Than a Zen Monk!"

If you'd like to meditate as deeply (actually more deeply) than a Zen monk, literally at the touch of a button, this may be one of the most important messages you will ever read. Here is why.

Based in part on Nobel Prize-winning research on how "complex systems" (human beings, for instance) evolve to higher levels of functioning, a personal growth program has been created utilising a powerful audio technology called Holosync®.

A precise combination of audio signals gives the brain a very specific stimulus that creates states of *deep* meditation — and causes the creation of new *mind-enhancing* neural connections between left and right brain hemispheres.

Now a New Tape and Report Reveal...

- The scientific evidence proving how Holosync® increases the production in the brain of many vital neuro-chemicals that can slow ageing.
- How to achieve super-deep meditation, at the touch of a button.
- How to dramatically reduce stress.
- How to create remarkable emotional changes at the deepest level.
- How to improve your emotional health.
- How to heighten your creativity and problem solving ability.
- How to have more restful sleep.
- How to boost your intelligence.
- How to increase your focus, concentration and learning ability.
- How to enhance your memory.
- How to increase your motivation and confidence.
- How to have more happiness and "flow" in your life.
- How to heal emotional blocks.

The full report on this amazing new technology and Holosync® tape, worth \$19.95, are FREE to *Grass Roots* readers for a limited time.

Call NOW for your FREE report and tape (24hrs, 7 days) on Freecall 1800 70 70 47
www.meditatedeeper.com

Earth Star Publishing, 3/1 Rokby Rd, Subiaco WA 6008

Moora Moora Festival

Saturday 23rd February 2002

Noon to Late

Technology for a Sustainable Future

- Live world music all day, bush dance 5 pm.
- Food
- Fun day for children
- Tours of 26 interesting owner-built houses, including mudbrick, rammed earth, poured earth, and solar.
- Talks, demonstrations, workshops, displays on bush living, solar energy, building with earth, alternative health, crafts, sustainable farming practices, many other topics — all free with entry.

Entry Price (includes GST):

\$20/car to encourage car sharing, or \$15/waged/salaried, or \$5/low income, under 16 free.

No dogs, cats or alcohol.

Bring warm clothes for bush dance.

Follow signs from Healesville.

Ph: 03-5962-4104, or 03-5962-3687

109 Moora Rd, Healesville 3777.



A Crafty Christmas



by Heather Kozak, Dellicknora, Vic.

Christmas doesn't mean shopping, lay-bys and rampant consumerism to us; it means it is time to collect sticks, rocks and nuts and use up all the milk cartons that we've been saving. Here are some of the many ways we put them to use.

DOLLAR NUTS

These make entertaining little emergency gifts for unexpected visitors. Clean out the insides of walnut shells (or any seed pod with a hollow). Place a dollar coin inside and glue the nut back together. Glue a string loop to the top of the walnut and hang it from the Christmas tree.

POETRY PEBBLES

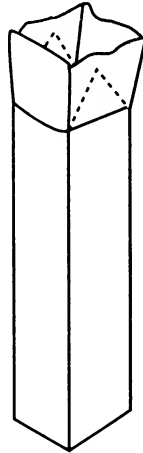
Collect at least thirty smooth river rocks and clean them. Please take dry ones from the high-water line so as not to steal frogs' homes. The rocks can be painted if you like, but we enjoy the varied colours of the natural stone. Take some black acrylic paint or a thick felt-tipped marker and neatly print single words, letters and punctuation marks on both sides of the rocks. Some good words to start with are: he, she, it, and, the, them, love, happy, sad, nice, lovely, big, green, water, river, went, you, walk, bird, dog, to, in, with, then, a, my, your, white, red, blue, yellow, sky, trees, swim, laugh, ?, !, .. You can choose words that have relevance to the giftee too.

When the pebbles have dried, give them a coat of clear varnish and package them in a decorated recycled container. I use a milk carton with thick paper glued to the sides, then I write little poems all over it as inspiration to budding poets, who rearrange the poetry rocks to make up their own poems.

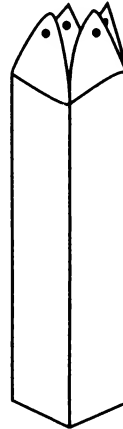
CANDLE IN A CUP

Children can help with these, but an adult needs to be around to deal with the hot wax. I keep an eye out for pretty old china tea cups in my local op shop year round, and have quite a

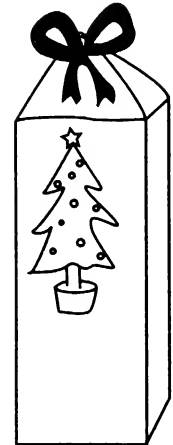
Milk Carton Gift Box (for poetry pebbles)



Open out top of carton.



Cut out points from each quarter of top flaps.
Punch hole in each point.



Gather the four points in to the centre, thread a ribbon through the four holes and tie. Decorate the carton.

selection by this time of the year. Unmatched, unchipped cups often come up very cheaply on bric-a-brac stalls at markets too. Clean the cups, melt paraffin, old candle ends or new wax gently in a saucepan. Colour the melted wax with broken crayons and scent it with a little essential oil. If you are recycling old candle ends, pour the hot wax through a strainer first to remove burnt bits and old wick. Pour the wax into your tea cups, filling them almost to the brim, then poke a wick into the middle when the candle has started to set. This holds the wick straight. You could tie the wick to a pencil laid across the rim of the cup also. Wicks can be bought in a roll from craft shops, or save the wicks from melted candles to reuse. The handle of the cup is an ideal place to tie a gift tag to, and ta-da, an antique cup candle is born!

PINE CONE BONANZA

If you have any paraffin wax left, you can dip pine cones in it, leave them on a cake rack to dry and use them as very efficient firelighters.

My mother gives her pine cones a special Christmas treatment. She sprinkles each cone with cinnamon oil, ties a ribbon to the top and hangs it from the Christmas tree for a delicious seasonal scent. They can be wired into wreaths for the door as well.

CANDY CANE BATH SALTS

These look spectacular and are a good way of using up clear plastic bottles.

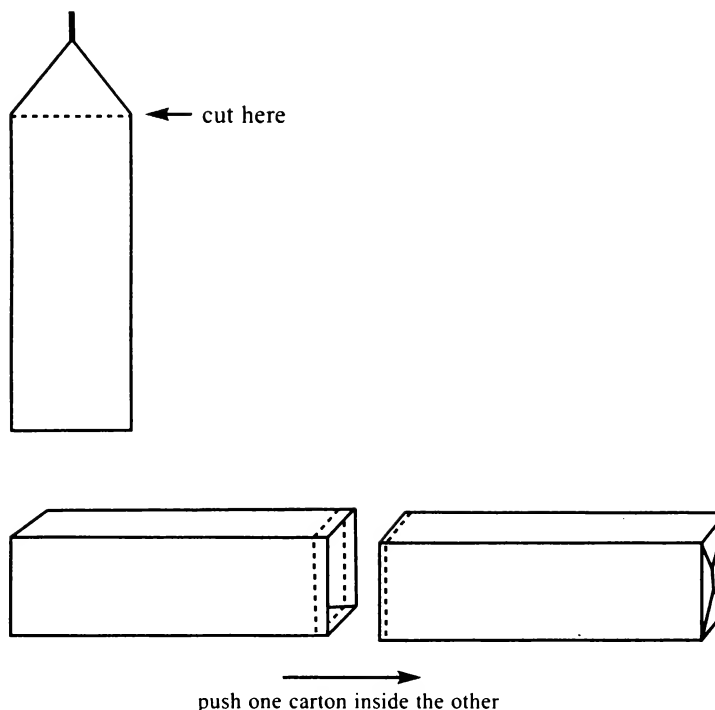
- 2 cups Epsom salts
- 1/2 cup sea salt
- 6 drops peppermint oil
- red food colouring

Place one cup of Epsom and 1/4 cup of sea salt in a plastic bag and add the peppermint oil, then squeeze and work the mixture together in the bag. Take the remaining salts and mix them in another bag with enough food colouring to give the desired colour. Pour the white and red salts into a clear bottle or jar in alternating layers so that you get stripes. When the bottle is full, put a lid on and tie some ribbon around the neck. You could attach a couple of small candy canes to the ribbon as well as a gift tag.

MILK CARTON BUILDING BLOCKS

Here is yet another use for clean empty milk cartons. These are wonderful for very young children because they are large and light, easy to stack and not painful if a block tower happens to collapse. Cut the pouring ends off two milk cartons then slide one of the open ends into the other carton. Push them together until they are the size of the original carton, then tape or glue together. I cover the resulting rectangular blocks in scrap material, folding the ends in as if I was wrapping a present then gluing them. You could paint them instead if you can find a paint that won't peel off the waxed surface of the carton. For older children the blocks could be filled with sand to make them heavier.

Milk Carton Building Blocks



CAKES IN PRESERVING JARS

These gingerbread cakes will stay fresh and moist for one year, but don't expect them to have the chance to prove this! They make a novel gift for noncooks, of all ages and sexes. Any densely textured cake like carrot, fruit, or banana will suit this method. Light and fluffy sponge cakes will sink during the preserving process.

2 1/4 cups all-purpose flour

3/4 cup sugar

1 tsp baking soda

1/2 tsp baking powder

1/4 tsp salt

2 tsp ground ginger

1 tsp ground cinnamon

1 tsp ground cloves

3/4 cup margarine, softened

3/4 cup water

1/2 cup molasses

Preheat oven to 160° C. I use 250-gram Fowlers jars. This might vary according to your recipe, oven and

jars, so experiment with one jar at first to decide how many jars your cake mix will fill. The jars must be sterilised. They *must* have straight sides, no bulges in the jars. Use a pastry brush to grease the jars because they're too tall and narrow to get your hands down into.

In a large bowl, combine flour, sugar, baking soda, baking powder, salt, ginger, cinnamon and cloves. Stir in margarine, water and molasses until well blended. Pour equally into the five or so jars. Fill the jars to little more than half full to allow for rising. The baked cake should almost fill the whole jar, so if it falls short then add more raw mixture to the next jar. Place jars on a cookie sheet in the centre of the oven and bake for 35 minutes, or until a cake tester inserted in centre comes out clean. Have your sterilised lids ready (keep them hot). Take one jar at a time from the oven, place a lid and ring on top and screw down tightly. Do this fast because the lids get *hot* – use heavy-duty mitts! Allow to cool. You'll know when they've sealed; you'll hear a 'plinking' sound. If you're still not sure, test them by allowing the jars to cool, then push down on the lid, it shouldn't move at all.

There will be some visible condensation in the jar; don't worry, it is meant to be there and won't affect the cake. Once the jars are completely cool, decorate with round pieces of cloth (use pinking shears or the fabric will fray). Remove the ring from the jar (the lid should not come off by now). Place a few cotton balls or one wad of cotton in the middle of the lid, cover with the piece of cloth (about 75 mm larger than the lid) then screw the ring back on. You could go berserk with a hot glue gun and trim the jars with gumnuts, holly or other decorations.

Note: only use jars made specifically for preserving, not ordinary jam jars. ♡

~~~~~

## BRITISH GOVERNMENT CURBS MOBILE PHONE USE IN SCHOOLS

In Britain the Department of Education has advised that children under 16 should only use mobile phones in emergencies. The advice was given out of concern for children's health as they face increased risk from mobile phone use due to their thinner skulls that absorb more energy from the phones than those of adults. ♡



**Environmentally friendly  
products to weather,  
proof and dust seal all  
earth buildings**

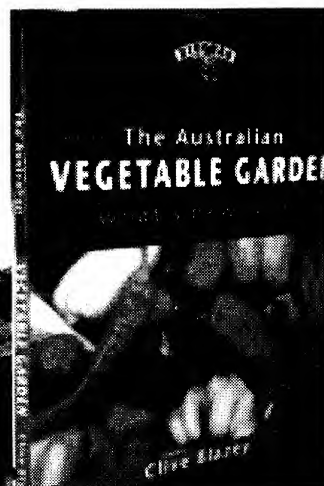
- Mud Brick Water Repellent
- Stabilised Earth Water Repellent
- Earth Bonding Emulsion

**Tech-Dry** 177-179 Coventry Street  
South Melb, Vic 3205

|          |              |
|----------|--------------|
| Vic      | 03 9699 8202 |
| Qld      | 07 5520 0856 |
| Sth Aust | 08 8132 1166 |
| NSW      | 02 9482 3360 |
| WA       | 08 9336 2426 |

[www.techdry.com.au](http://www.techdry.com.au)

# TASTE THE JOY OF GROWING YOUR OWN



## THE 20 YEAR SEARCH

*We have trialled the best vegetables from around the world so every gardener can grow better vegetables than ever before.*

*Australian Vegetable Garden: 128 pages.*

*Retail price - \$27.50, Club \$25.00.*

## SPECIAL BOOK OFFER

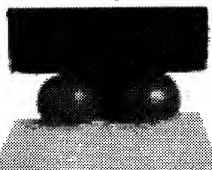
With 1 year membership **\$19.90**

2 year membership **\$16.00**

Introducing the most comprehensive book on growing vegetables naturally in Australia - 'The Australian Vegetable Garden'. Written by Clive Blazey, founder of 'The Digger's Club', this book is a complete guide to growing your own vegetables all year round.

## NO CHEMICALS AND NOT GENETICALLY MODIFIED

It's easy, rewarding and will save you a small fortune in your weekly grocery bill. All while you get fresh, organic vegetables free from pesticides and definitely not genetically modified, right from your own garden. You'll never be satisfied with supermarket vegetables again.



supermarket  
tomato

*Supermarket hybrids were never designed for gardens - just shelf life and machine harvesting, so we dropped them*



## DID YOU KNOW?

Pruning actually reduces tomato yields, or that grafted tomatoes are less productive?

That you can grow a year's supply of vegetables from our Mini-Plot in just 10 square metres (5 paces by 2 paces!)?

That a vegetable garden can be as beautiful as any flower garden? 'The Australian Vegetable Garden' dispels many of the myths about vegetables, with 128 pages of advice and over 200 vegetables described, including 70 different tomatoes, 11 of which are tastier than Grosse Lisse!

**\*SAVE \$29.50**  
**2 year subscription & book**

|                                                     |
|-----------------------------------------------------|
| Name.....                                           |
| Address.....                                        |
| Postcode.....                                       |
| Daytime phone no.( ).....                           |
| I enclose cheque/money order,<br>or credit card No. |
| Signature.....                                      |
| Expiry Date...../.....                              |

## JOIN THE DIGGER'S CLUB

The Digger's Club is Australia's largest garden club, helping gardeners from Hobart to Cairns grow better vegetables and flowers.

The Digger's Club is the ideal way to get the right seeds; we offer up to 14 packets free each year so you can be self-sufficient in food.

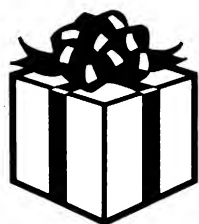
Your annual membership entitles you to five beautiful full colour catalogues, covering up to 800 flowers and discounts on bulbs, roses and perennials of up to 45%.

|                                                                                                                                               |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------|--|
|                                                                                                                                               |  |
| 105 La Trobe Pde<br>DROMANA VIC 3936<br>Phone: (03) 5987 1877 Fax: (03) 5981 4298<br>E-mail: orders@diggers.com.au<br>Web: www.diggers.com.au |  |

|                                                                               |         |  |
|-------------------------------------------------------------------------------|---------|--|
| Aust. Veg. Garden book                                                        | \$29.50 |  |
| Digger's Club subscription<br>(1 year \$29.50, 2 years \$43,<br>5 years \$89) |         |  |
| BONUS OFFER                                                                   |         |  |
| 1 year subscription +<br>Aust. Veg. Garden                                    | \$49.40 |  |
| 2 year subscription +<br>Aust. Veg. Garden                                    | \$59.00 |  |
| TOTAL                                                                         |         |  |

gras1201





# Have A Joyous Christmas



**We asked everyone in the office to tell us what they would be giving family and friends for Christmas. As you would expect, the choice of gift ideas pretty much reflects each person's interests, skills or hobbies, taking into account the interests of the recipients. A joyous Christmas to all readers from the team at GR.**

## DAVID

I have been busy planning and planting native species around my small farm and vineyard. We started using them as windbreaks, but became enthused and commenced landscaping, so consulted books and the local nursery for species to plant along the 150-metre drive. You cannot go past the natural beauty of Australian species, and their hardiness is an essential practical ingredient in an easy-care garden. After hours of reading, and planting 1100 candlebark gums and a few hundred callistemons and grevilleas, the idea of Christmas gifts seems consistent with getting others into the native planting club. We will be looking out for some attractive planting pots and containers, perhaps even an old pair of gumboots could be recycled.

## MARY

I'm an acknowledged bookaholic, so no prizes for guessing what I love to give people! I have great fun choosing suitable books for different people, even the purchase of a book voucher so people can choose for themselves involves a trip to a bookshop and lots of browsing. We receive many great books to review and these often provide inspiration. My favourite review title this year is *Australian Rainforests*, by Densley Clyne, which we reviewed in GR145. Its sumptuous photography had all of us in the office gasping admiringly and it's bound to appeal to anyone at all interested in the natural world. We also receive media releases about a plethora of new titles which might not be suitable to review in GR, but some of which I know will appeal to members of my family. I keep these releases on file until a suitable gift-giv-

ing occasion and take them with me to the bookshop.

## MEGG

Christmas? Already? There are weeks to go yet. I don't like to rush it in case I get hit by a bus. December first I pinch myself and panic – quick, I've gotta shop. Friends are destined for copies of *Managing Poultry at Home*, or *Diggers Australian Flower Garden*. They're great books. Suni and Marcel are in for surprises, perhaps a cordless drill and birdbath if their stockings are big enough. Myself, ah, that's under control – antique chook books . . .



## NOREEN

(Noreen is famous for her knitting and crocheting and seems to be incessantly busy at it.)

This Christmas all my family and friends are receiving something handmade by myself, either a jumper or a crocheted item, because all their winter woollies are worn out.

## SABRINA

(Sabrina is marrying her childhood sweetheart, Daniel, in December.)

With all the wedding plans to contend with, I haven't had much time to consider Christmas gifts. While paging GR, I came across Jose Robinson's wickedly delicious rocky road recipe, so all my family and friends will be

enjoying rocky road, along with my famous Anzac biscuits.

## SALLY

Our fruit trees are coming along really well and this year they've produced masses of fruit. We've put so much time into pruning, watering and keeping the birds at bay over the last 12 months that everyone's going to be receiving apricot and plum jams, or a bitter marmalade using our oranges. My grandmother's tried-and-tested marmalade and apricot jam recipes will ensure the best results. I'm on my own with the plums though.

## SUE

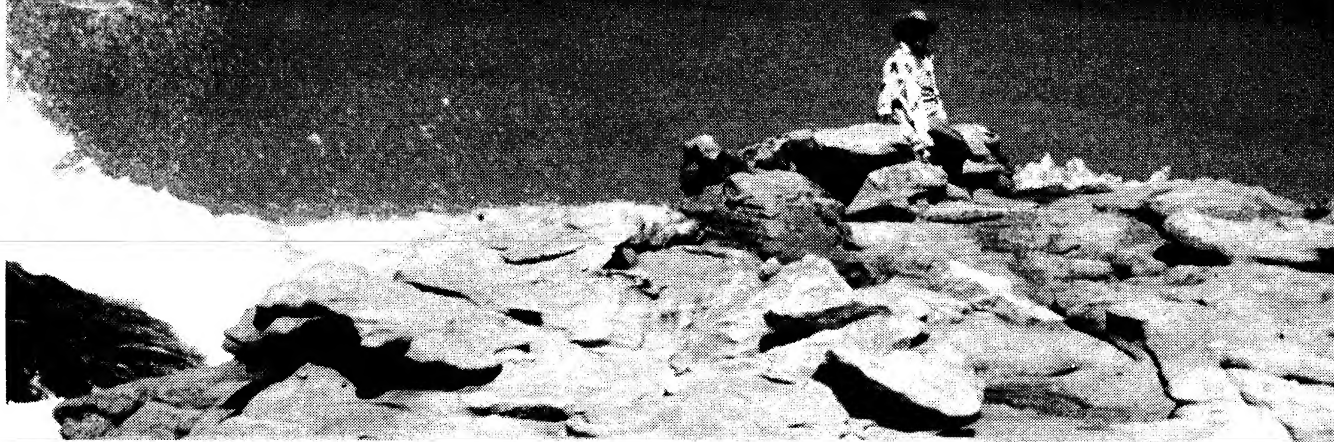
(Sue is excited about being a granny.) For Christmas this year it will be photo frames for members of the family who have become grandparents so they can proudly display their photos. I will make copper foil mobiles for the two babies. Our brothers and sisters and their partners will receive books. I have to spoil my own grandson, so he'll be getting books, a couple of toys and something cute for a toddler to wear.

## SUNI

Oh, the joys of living with a photographer! Needless to say Marcel and I are doing it cheap this Chrissie, as buying a house with a ten-year renovation plan pretty much took care of any spare change. So I have instructed Marcel to take a few photos of my friends' houses: the lengthening shadows at sunset, a pretty nook of the garden, a favourite rose, or even a much-loved pet. I'll blow up the best ones and if I'm feeling creative I might even make a sea-shell frame. Happy Christmas! ♡

# Australian Odyssey

## The Trek To Cooktown



by Adam Johnson, Tarwin Lower, Vic.

**Many readers dream of taking a break from the everyday world and travelling around Australia. We know from Feedback letters just how popular this aspiration is. Over the years a number of intrepid travellers have shared their experiences and tempted us all to try a spell 'on the wallaby'. This time, Adam Johnson describes the trip he and wife Margit took from their home in Gippsland, Victoria, to as far as Weipa, Queensland. Anyone planning such an adventure will benefit from his practical insights. As for the rest of us, we can always fantasise . . . maybe one day.**

This trip, which took at least two years in preparation, was to make our dream of travelling around Australia come true. Now retired, we could take all the time we wanted, visiting all the places that interested us. Having decided that our main interest was national parks, plus whatever came up along the way, we then had to research the best time of year to be in which area. Having done this, and made a comprehensive list of what and where, the next task was to choose the vehicle.

After much discussion, we finally concluded that a utility with a slide-on camper was the answer. A slide-on camper is virtually a small caravan that rides in/on the back of the utility. The bed is over the cabin of the ute, with two steps to get up to it. Access to the camper is via a set of fold-up steps, which, during travelling, fold up and fasten to the door.

Then came the search for the ute, and the camper. We thought about four-wheel drive; it was not in our mind to go 'bush bashing', but then, maybe it would be handy at odd times. We left the question open.

I finally found a Holden Rodeo ute with everything. It was on LPG, had four-wheel drive, and a space-cab, which proved to be invaluable for the storage room it provided. The right camper proved to be a little more difficult to find, but we finished up with a good second-hand one we could afford, with an annexe.

Deciding to test-run the outfit for a weekend, we went to the Barmah Forest on the Murray River near Echuca, and found a few little things that needed changing to suit us. The club-style seats in the dining area were too high, the step to the bed too high and awkward.

The seat height could not be changed as it was part of the main structure. We decided to build a box 100 millimetres high, of 3-ply, with three compartments with flush-fitting lift-out lids, and stand the table on this. The box is the same width and length as the seats, and, with our feet resting on it, sitting is comfortable and walk-way in the camper not restricted. We kept our potatoes, onions and fruit in the compartments, which worked like a coolroom, regardless of how hot it was. New steps to the bed, in the form of a hollow box, became the storage area for the new cadmium battery and the cast iron camp oven. A new plug and wiring to enable the automatic charging was put in place. This is rather like a trailer light connection, but with the plug in the tub of the ute.

After dinner we like to read or do crosswords, to check maps, or look

for camping spots in our various books on the subject, thus we need good lights in the camper. Finding the lights run by the battery not good enough, we bought a Coleman duel-fuel lantern. This runs on unleaded petrol or Coleman fuel, and, provided the windows are open in the bedroom to get rid of the fumes, works well and provides good light. It also warms the camper a little, but when the weather is warm, everything is open anyway, and when it's cold the extra warmth is a bonus. Finally, all was declared ready.

May the 8th '99 we set off up the Newell Highway at last. Our first destination was Carnarvon Gorge. On the way we simply stopped overnight at roadside rest areas or off-road free camping spots, using booklets by Paul Smedley (*Bush Camping and Free Rest Areas Around Australia*) to locate the various places as we drove.

Despite the crowds (three hundred tourists in the camping area alone, then there was the Resort just outside the park), we enjoyed ourselves immensely. The main points of interest were great, and we spotted an 'in the wild' platypus in the creek. The main walking track is resplendent with many and varied types of trees and shrubs.

Because we prefer to travel roads other than the main highways, and so found ourself at times on quite rough gravel roads, my concern was that the boat trailer might disintegrate. However, on the entire trek of seven months duration, and 35,000 kilometres, we lost only one light fitting off the trailer and wore a little hole in the bottom of the boat, at the junction of the bottom and the transom. Boats must be firmly tied down.

#### LOWER AIRCONDITIONING AND HEATING COSTS

CONCERTINA

**FOIL BATTS™**

THE RADIANT HEAT BARRIER  
THERMAL INSULATION FOR  
CEILINGS • WALLS • FLOORS

- Efficient
- Economical
- Compact
- Non-irritant

**WREN INDUSTRIES**

Ph: VIC/SA 03-9532-5855, 1800-066-002  
NSW/QLD 02-9918-2055

139 Herald St, Cheltenham 3192



Our rig consisted of a four-wheel drive Holden Rodeo ute with second-hand camper. We towed our boat and bicycles.

For a little fun, we decided to go fossicking in the gem fields at Sapphire near Emerald. This was a big fenced off area where fossicking was permitted, with a licence obtainable from the Department of Mines, Emerald. The place looked like the surface of the moon; the entire area having been dug over and over, only one or two trees still standing. It would be very difficult to find a tent site. The weather was very hot and we showered just standing beside our rig. We did not find any gemstones.

We were using solar shower bags at this stage, which we carried full of water in the boat, exposed to the sun all day. Theoretically, this meant we had hot water available as soon as we stopped, and could save the fuel otherwise used for the heating of water. In practice, it meant we lost our water quite often and the bottom of the boat was awash because the bags had sprung a leak.

Making our way over to the coast, then moving north via the many national parks till we reached Cairns, we made use of the truck stops we found having showers available. Many of them are free with a fuel purchase, so, if circumstances permit, the show-

ers can be had just before stopping for the night.

The next major stop was Lake Tinaroo, a huge water storage with lots of redclaw. These are virtually a fresh-water cray with one large red claw, hence the name. A very good way to get a feed of these is as follows. Using a net called an opera house, put several large bits of par-boiled spud in the bait bag, drop the net in about ten metres of water overnight, not far offshore, near some weed; next morning, bingo, a feed. This is a truly beautiful place, set amidst a remnant rainforest, with lots of little bays to explore in the boat. There is plenty to see and do around the area, one of my favourite places was Tolga Woodworks – great products made from many different types of wood. The town of Atherton has lots to see also and is worth a visit.

Unfortunately, the weather was rather poor, with rain every other day. Because of this we decided to head west to find the sun. Well, we sure did.

We did two particularly interesting things on our way westward. The first was a visit to the Blenco Falls. Margit had plucked the name of these falls from a brochure somewhere, and they were apparently south of Mt Garnet.

While refuelling there, we asked about the falls. Being told we could not do this trip in our outfit fired up Margit's bloody mindedness. Of course we had to go (notice the we). We have four-wheel drive, she tells me, a boat if we get flooded, and, as a last resort, we have two mountain bikes. The drive in was hairy. For a start, the boat nearly fell in the Herbert River, off the causeway, then we were confronted by four roadtrains full of cattle, which meant we were told by CB to get off the road and wait till they were all out. Next there was a steep winding length of track with a number of creek crossings. Our arrival at the falls was a relief. What a magnificent sight, the river making a ninety-metre plunge to the bottom. With superb panoramic views, we experienced the sense of remoteness and grandeur that only the high country can give.

The other major feature of interest was a visit to the Undara Lava Tubes. Apparently, a volcano erupted and the resulting lava flow followed a dry river bed. The flowing lava cooled and hardened on the top, while that underneath kept flowing, which meant the river was effectively roofed over. This occurred over about 250 kilometres. Eventually, some of this roof collapsed and the tunnels were formed. Quite fascinating.

From here it was off to Cooktown to store the camper and the boat before heading up Cape York. We were to tent the Cape, simply to save wear and tear on the camper and boat and trailer. The roads, so we were told, were very rough and difficult. The worst road of our entire trip was between Lakeland and Cooktown, and we weren't even on the Cape yet.



In a beautiful rainforest setting Lake Tinaroo is a huge water storage where it's possible to 'fish' for redclaw – a good feed.

The jumping off point for the Cape is Lakeland, not Cooktown.

A little thought about it at the time and we could have saved ourselves that awful drive, and stored the gear at Mt Carbine Caravan Park, which advertises that storage is available for caravans etc. Staying overnight there, we saw one of the funniest sights of the trip. Having pulled into our allotted site, preparing for the night, we idly watched a campervan backing into place a little further along. This became very interesting as he backed into a standpipe and tap, slight pause, then further back into a power pole. Moving forward, he pulled standpipe and tap out of the ground and drove up into a rockery garden. Backing out of that he hit a tree. By now it was hurting to laugh, and we breathlessly waited for the next happening. Unfortunately, he got out and surveyed the damage. So it was all over, but the water display was wonderful. A video camera would have been great at a time like this.

Next time we continue our journey to Cape York, Kakadu, Darwin, the Flinders Ranges and then home, making some more adjustments to our rig along the way.

Anyone requiring more details about aspects of the trip can contact: Adam Johnson, Box 1394, Tarwin Lower 3956, ph: 03-5663-7822. ☛

#### USEFUL TIPS

- Do a test run of your rig and equipment for a short period before the main trip to sort out any glitches.
- Coleman lamps give good light.
- Use showers at truck stops – often free with fuel purchase.
- *Bush Camping & Free Rest Areas Around Australia*, both by Paul Smedley, are worth obtaining.
- Blenco Falls and Undara Lava Tubes are must-see features.
- Caravans and other gear can be stored at Mt Carbine Caravan Park.

#### KEEP ANIMALS?

You need a *Grass Roots* publication. See page 82 for details. ☛

### NATURAL MEDICINE

Correspondence courses written by  
**Isaac Golden, PhD, D. Hom**

Principal of the ACHP

President of AHA (Vic) 1992 - 98

**Homoeopathy** - a fully accredited professional Diploma course, OR an intermediate course for parents

**Natural Medicine** - a basic course covering home prescribing

For full details contact:

**Isaac Golden**

PO Box 155, Daylesford, 3460.

Ranch Road, Daylesford

Phone (03) 5348 3667

[www.homeopathy-online-courses.com](http://www.homeopathy-online-courses.com)

## Be Your Own Boss \$ From Home \$

It's easy when you know how! And the best way to find out how is with the magazine *Australian Business & Money Making Opportunities*. Every issue is packed with information on business and money making opportunities (full or part time). It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p&h) with your name and address to:

AB, PO Box 5518, Dept GRB, South Windsor, NSW 2756.  
We also produce the following guides: 101 Money Making Opportunities, How To Profit From Your Handicrafts & Hobbies, How To Start A Mail Order Business, Making Money From Flea Markets, Making Money With Your Camera, Making Money With Your Home Computer, Start Your Own Import/Export Business, How To Organise A Successful Home-Based Business. FREE DETAILS SENT ON REQUEST.

FAX: 02-4577-6942 or Visit our website at:

[www.profitcentre.com](http://www.profitcentre.com)

AAA Media Network, 3 Bradley Road, South Windsor, NSW 2756

**AUSTRALIAN  
BUSINESS & MONEY  
OPPORTUNITIES**

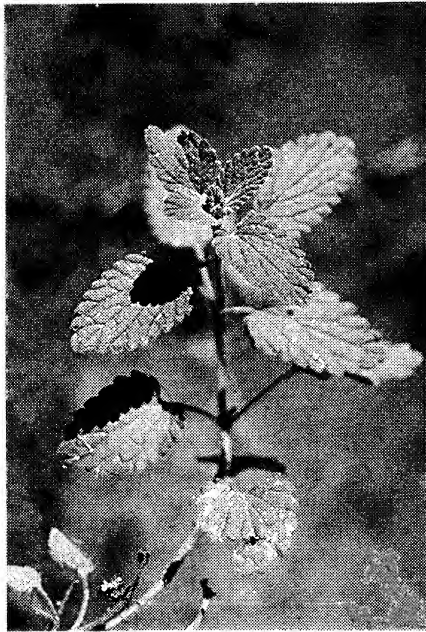


# Herbs Pests Hate

by Rosemary Sage, Blackbutt, Qld.

When the days become long and hot, thoughts turn to getting a few friends over and having a barbecue. We gather around the barbecue area, start to relax, enjoying the conversation and perhaps a beer. Then the host brings out the meat and in no time at all an invasion has begun.

First it's the flies, dozens of them relentlessly attempting to settle on the meat, then of course your face. Hands are flying around, but those flies are hard to get. If you actually manage to kill one, the reserves move in and the numbers have doubled! Then, while we are eating our delicious lunch, we realise that we are surrounded by a new enemy – ants. With military precision they have moved in on us – an army of tiny gate-crashers. The family dog has joined the throng and is lying in the grass, content to be with this happy gathering, but silently he has become a mobile home for the local fleas.



Catnip is one of the herbs that repels mice and should be grown around poultry sheds.

The sun goes down, the flies and ants abate, but what's this! You guessed it . . . mosquitoes! Minuscule winged warriors that display a definite preference for women and children. You think that this is the end of the attack, but next morning there are calling cards on your barbecue. The mice have been to finish up lunch.

Can we do anything about these small and annoying critters? Well, yes. We can place certain herbs in strategic locations, either in pots or in the ground.

Pennyroyal repels ants, fleas and mosquitoes. Mint and catnip are unpleasant to mice, ants and flies. The basil and rue also repel flies. Rosemary does not thrill mosquitoes. The odour of wormwood deters mice, fleas and mosquitoes.

Obtain some of these worthwhile and attractive herbs and you may find that you have fewer unwanted guests at your next barbecue. 🍃

## JETSETTER MAGAZINE FOR YOUNG AUSTRALIANS

**"CELEBRATES 26TH  
BIRTHDAY!"**

Add a little magic to your children's world with a special **JETSETTER** entertainment package for just \$5.00 per child! Inc GST, postage, handling.

### PACKAGE INCLUDES-

- Jetsetter magazine
- Water game
- Stickers
- Glider – to construct
- A sticky hand novelty
- Harmonica

**JETSETTER** magazine is published 6 times a year and is packed with interesting stories, over 100 contests in each issue, large craft section, music, sport, interviews and lots lots more.

**JETSETTER** publishes reader's stories, poems, drawings, letters etc.

**JETSETTER** is exciting, entertaining and a lot of fun.

Send cheque or money order for \$5.00 to -  
**JETSETTER**, 35 Advantage Rd., Highett, Victoria 3190  
or give us a call on (03) 9598 2191.

**WE'D LOVE TO CHAT TO YOU!**



## ACREAGE, BATHURST/LAKE WYANGALA

Absolutely stunning blocks, lots from \$39,000, situated in parklike woodlands overlooking the Lachlan Valley, only 8 kms to the lake where there are fishing, water sports and clean beaches. Versatile blocks for grapes, olives, livestock or just relaxing, each with a dam, easy car access, power and phone available, loan packages from \$58 per week.

**02-6345-1229 or 0428-451-229**

**COWRA**

P & B Campbell - "Roslyn" Woodstock, NSW 2793

# Build A Multinational Barbie

by Trever J Wilkins, Sandy Beach, Russell Island, Qld.

I must confess to having a serious personality impairment: I can't stand anything that's normal. Normal to me is boring. I like things that are different. Ever since I moved to Russell Island my three grown-up children have all asked me more than once: 'Dad why don't you build another Chinese oven barbecue?' You see, different *is* good . . . even my kids agree!

The previous two properties we owned each had one, built from rocks and mortar like monolithic three-dimensional jigsaw puzzles. I have fond memories of many wonderful hours spent with my family collecting rocks, building and using these impressive garden structures. In this country at least, these barbecues are certainly very different. Real estate agents invariably always showed prospective buyers the barbecue before they showed them the house.

## BATHE WHILE YOU COOK

Those two Chinese oven designs

included normal Aussie barbecues built above the firebox. This time I wanted something even more different – so I added a Japanese hot tub into the design, complete with its own donkey boiler. Now I wonder why I didn't think of it years ago.

The unique smoky taste of meat cooked in such an oven is hard to surpass. But to soak weightlessly in seriously hot water while breathing deeply of air basted with the aroma of pork roasting in the heat and smoke of a slow-burning eucalyptus fire is, is: well – it's just too fantastic for words.

You just gotta try this! This multinational ablutionary adventure is also the ultimate appetiser! Bathing for me has never been so much fun – a daily celebration of the senses. And this bathwater does not turn cold while you soak. Even after the fire has died, the heated rock mass keeps the water temperature stable for hours. I have endless hot water, all free, with no gas or electricity cooking bills; burning only forest

waste of branches and bark that can be collected from beneath any living gum tree. Avoid dead trees unless you're sure they haven't been poisoned. Wattle, pine and many other woods burn with a smoke that makes meat unpalatable. Hickory is traditionally used for smoking meat, but is not as common around here as is eucalyptus – my all-round, favourite barbecue-smoke wood.

A Chinese oven can be any opening or cavity inside a chimney, however, one rule is paramount: the distance between the oven and the flame has to be exactly 240 centimetres.

A Japanese hot tub is a waterproof upright box, usually made of wood, which holds no more water than is needed to cover the human body. Small is good, and the hotter the better. A digital bath temperature gauge is recommended. For other safety reasons a heavy wire mesh should be fitted over the tub when it's not 'occupied'. Mine is fitted with a bath



Trever and many WWOOFing visitors enjoy the experience of outdoor bathing to the accompaniment of wafting cooking aromas.

plug and waste fitting. Pull the plug and the bathwater runs onto my banana trees.

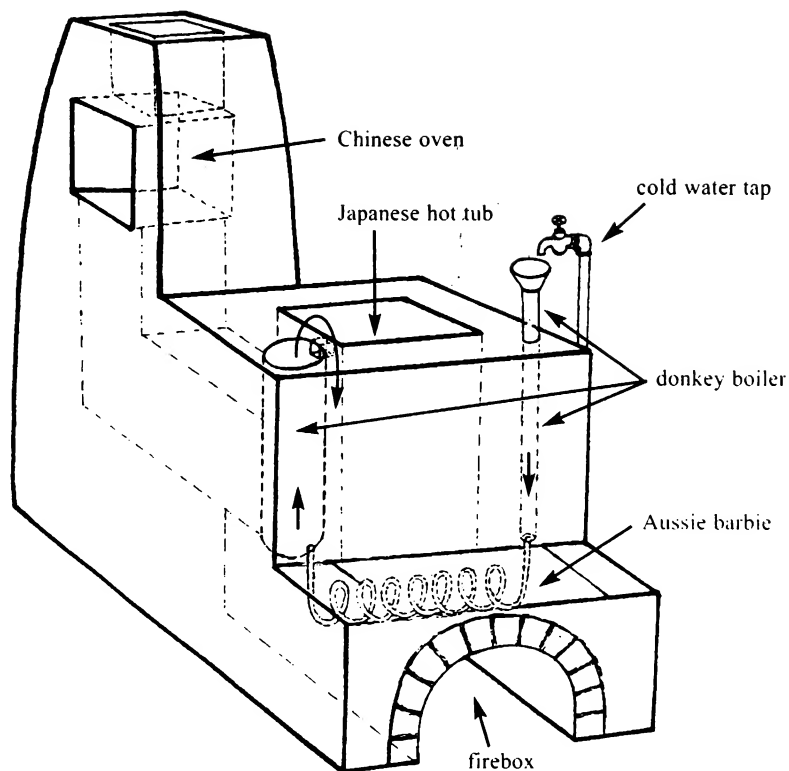
Cooking meat roasts in any oven is all about time and temperature. To manage these two factors, a damper can be built into the chimney to control updraught, or, a ceramic tile or even a rock can be used to partially block the chimney outlet. Slow, low-heat cooking seals in the juices, but a quick blast of heat from a roaring fire will produce crisp, bubbly crackling on lamb, pork and chicken in seconds. Roasts have a delicious smoked flavour and are moist, juicy and mostly fat free. Lamb chops and pork spareribs cook to perfection in a matter of minutes.

### LEARN FROM EXPERIENCE

The first Chinese oven I built was embarrassingly large. It was the second of two huge, baked-enamel ovens, complete with viewing windows and hinged doors salvaged from electric stoves. These ovens were cemented into the rocks of a chimney from a fire beneath a huge barbecue plate. The first oven was fitted adjacent to the firebox and was left fully enclosed. It had flames licking around its three sides, just like a conventional wood stove oven and was used to bake cakes, scones and bread. The second oven was exactly 240 centimetres from the fire and had the top and bottom removed so that it was part of the chimney. This stove was way too big and used far too much wood – a precious resource in this day and age. So I learnt from my mistakes, and only mention them here to save you repeating them.

When it comes to wood stoves, size definitely does matter: small is beautiful.

### Multinational Barbecue



To conserve this valuable, but renewable, resource, I redesigned the latest oven so it was no larger than was needed to accommodate the largest turkey or pork roast. This time I built one from stainless steel, but next time I'll be looking for an old microwave oven. To achieve the 240-centimetre rule, this chimney (see drawing) runs horizontal as well as vertical.

### DONKEY BOILER

The donkey boiler is open at each end and therefore cannot build up a dangerous pressure-head of steam. Cold water from a tap or hose dribbles in at the highest end, moving by gravity through a heat exchanger and storage tank above the firebox, and comes out the bath end bubbling hot. A similar design is the bathroom chip heater our great grandparents used to use. This system has to have running water moving through it whenever the fire is burning (or it boils dry), so you end up with copious amounts of free hot water for coffee, tea, laundry or dishwashing. Boiling water poured on weeds is much more acceptable to me than poisons – and just as effective,

without the cost. For the boiler, I used a recycled copper tank and coil from a small electric hot water system, courtesy of the local rubbish tip.

### BUILDING

Building this multinational Aussie barbecue/Japanese hot tub/Chinese oven is easy, if you take things one step at a time. I prefer to build with rocks. These are cemented together with a special clay-based mortar. Rocks are plentiful on my property, and free, but using clay bricks or cement blocks would definitely be faster and easier.

A foundation slab of concrete is first poured, complete with steel reinforcing. Then the walls are laid around the hot tub which can be made of thick waterproof plywood, sheet-metal or fibreglass. The dimensions of my hot tub are 900 millimetres deep by 600 millimetres by 600 millimetres. It was made from waterproof structural plywood and lined with polystyrene foam for insulation. Occasional coats of cooking oil keep the wood from drying out.

Of course, you can easily have a bath many times larger, big enough to

## Mudbricks

- ☐ Superior quality puddled mud bricks
- ☐ Suitable for load bearing or post & beam style homes
- ☐ Can be drilled, nailed, sawn, painted or bagged
- ☐ CSIRO approved
- ☐ Design and build homes
- ☐ 300x250x100mm



**Make it  
Mudbricks**  
... the mudbrick specialists

☎ 02-4446-0140

www.makeitmudbricks.com.au  
Peter Jirgens, 158 Hockeys Lane, Cambewarra 2540

take a dozen bathers. A recycled rain-water tank, lined with chicken mesh and plastered inside with cement would be just amazing. I have seen drovers' and shearers' baths made from old 44-gallon (200-litre) drums positioned beside a campfire.

I added a thick coating of fire clay around my tub for even more insulation and for protection from the flames. Suitable pottery-style fire clay can be found along most creek-banks and roadside cuttings. I am lucky that white kaolin fireclay is common on Russell Island. Allowed to soak for days, then stirred with a shovel, this clay slurry can be strained through a fine mesh and added to a four to one sand and cement mix instead of water. This clay-based mortar/plaster is more elastic and withstands heat better than normal sand and cement. It also makes excellent firebricks (same technique as making mudbricks, minus the straw) which are ideal around the firebox. I use rubber gloves to plaster this mix over built-up layers of chicken wire inside the chimney. I have seen metal smelters and molders make their furnaces using this same technique.

The visitor's book in my holiday house/canoe centre here on Russell Island is full of praise for this hot tub, especially from adventure-seeking overseas tourists. If you are looking for something new in the way of garden ornaments, and you dare to be different, why don't you build yourself a multicultural, multipurpose, barbecue/hot tub?



For more information Trever can be emailed at: [trev@canoeworld.com](mailto:trev@canoeworld.com) 📧

Food cooked in the Chinese oven has a distinctively different flavour, and the fuel is free and renewable.

## LP GAS REFRIGERATORS

MODERN ECONOMICAL TWO DOOR LP  
REFRIGERATOR FREEZERS FOR  
DOMESTIC APPLICATION.  
**220 LTR & 350 LTR AVAILABLE.**

PHONE FOR YOUR DISTRIBUTOR

VIC/TAS/SA/NT/WA 03-9437-0737  
QLD 07-5593-4066 NSW 02-9681-4365.

DP REFRIGERATION  
FACTORY 3, CONTOUR CLOSE, RESEARCH VICTORIA 3037

## THE BANQUET SLOW COMBUSTION COOKER

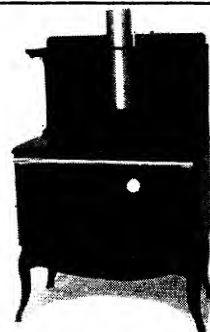
- Solid cast iron durability.
- Domestic hot water boiler.
- Overnight Burning.
- Large Oven & Firebox.

**5 Year Guarantee!**

Please contact us for Brochures  
& Nearest Dealer at.

Scandia Stoves & BBQ's

Lot 1 Melbourne Cres or  
PO Box 372 Seymour Vic 3660  
Tel: (03) 5792 2388  
[scandiastoves@bigpond.com](mailto:scandiastoves@bigpond.com)



**Proudly Made  
In Australia**



# OF OLIVE PRESSES AND OTHER GREEK DIVERSIONS

by Roberino, Arrawarra Beach, NSW.

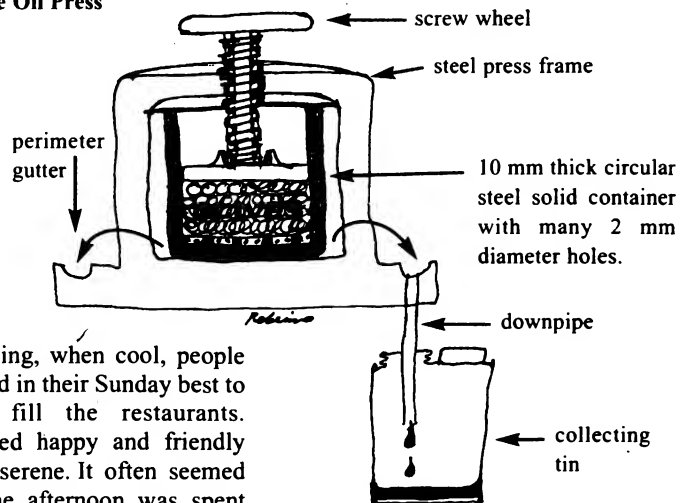
Small olive oil presses are very common in the south of mainland Greece, the Peloponnesos, around Kalamata where I spent a very memorable six months holidaying in the 1970s. Everyone seemed to own a few olive trees and people invariably lived to a ripe old age – the main cause of death appearing to be as a result of the old people falling off ladders while picking their olives.

From a very hazy recollection of the presses, they resembled a bookbinder's press made of steel and the base had a gutter around the perimeter and a downpipe into a tin where the oil was collected. Some of the presses looked quite ancient. The process was leisurely and never rushed, they seemed to give the press a turn of the screw maybe once a day. The first olive oil pressings could take a week or two.

In the 'Cafe Neons' a Greek salad comes with dark green olive oil in generous quantities. It's a bit daunting at first, but after a few dozen salads you realise that the Greeks know a thing or two about nice food.

It's an idyllic atmosphere where everyone takes a nap in the midday heat,

Small-scale Olive Oil Press



and in the evening, when cool, people come out dressed in their Sunday best to socialise and fill the restaurants. Everyone seemed happy and friendly and the tempo serene. It often seemed that most of the afternoon was spent under a large olive tree in the shade, with a two-litre jug of the local retsina wine, a loaf of crusty bread, a hamper of locally caught and fried whitebait or sardines and the ubiquitous Greek salad.

I can recommend a visit to this part of Greece. There is lots to see if you travel slowly. The longer you stay the more you're accepted by the locals, and they do like Australians. The food is very good and the general pace

relaxing. However, winter can be quite cold, wet and windy. Winter photos in photographers' shops depict many shipwrecks as storms can be quite violent. Forget island hopping on ferries in the winter. Summer is very hot and a place by the sea is recommended, but a trip up to villages in the mountains can be chilly, still with snow lying on the ground in mid summer. ♡

## GRIMES & SONS

MANUFACTURERS AND SUPPLIERS OF  
THE HIGHEST QUALITY STAINS AND  
FINISHES FOR TIMBER & MUDBRICK.

- Mudbrick colourcoats and Clear Dust Proofer
- Silicone and oil base water repellents.
- Oil varnish and polyurethane.
- Bees wax polish, shellac and restoring oil.
- Woodstains and timber preservatives.
- Stock and specialised colours.

Factory showroom...

1/1637 Main Road, Research Vic 3095  
Ph: (03) 9437 0733 Fax: (03) 9437 0822

All I do is mail out 10 – 12 letters  
and I can make \$500 or more  
each week with . . .

## A Simple Plan

YOU can start and build a simple and legal mail order activity into a thriving home business. A proven formula that shows YOU how to get it right first time. This plan has potential to produce income for life. It's so simple the kids can do it after school. Learn how. For FREE brochure call 02-9990-7191 (24 hrs) and quote ad reference 'GR'. Or send a business size, stamped, self-addressed envelope to:

Dept GR  
i-Key Publications  
PO Box 5065

Newcastle West NSW 2302

Suite 3, 474 Hunter St, Newcastle 2300

## CONSTIPATED? TIRED? LOW ENERGY?

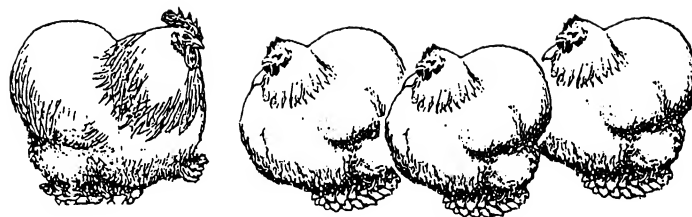
Find out why, and what you can do about it in Teresa Schumacher's amazing new book, "*Cleansing the Body and the Colon for a Happier and Healthier you!*"

This book has already led thousands of people just like you to lasting natural relief. Send \$10 to BOOK OFFER PO Box 208 GRD, Moe 3825.

30 day refund guarantee!

11 Stirling St, Moe 3825

# PEKIN POULTRY



by Charlie Schroeder, Cassilis, Vic.

Every garden is an expression of the gardener's artistry and imagination assembled with plants. Though pleasing to the eye, soothing to the mind and exciting to the touch, there is often a missing dimension – that of movement.

The addition of a little group of Pekin bantams is one way to add movement and life to a garden. These beautiful little birds sedately touring the lawn, with the rooster calling them to view every new discovery he has made, create an atmosphere of activity and interest that is difficult to capture in any other way. These charming little mobile garden gnomes are not destructive, nor do they take a great deal of care or attention, and once installed in a garden they are impossible to ignore. Their attendance at weeding time, pecking round the gardener's busy hands and softly 'talking' generates smiles and laughter, and makes pleasurable and interesting a task that might otherwise become onerous.

Pekins glide across the lawn like ladies from an earlier century, their legs hidden beneath their copious skirts of feathers. Everything must be viewed, edible insect or otherwise,


before they go to the next thing. Pekins don't sample the plants, with the exception of a bit of silverbeet, as they find enough greens in the grasses of the lawn. Unlike their larger cousins, Pekins are reluctant to scratch. The feathers on their legs and feet make that a pastime they either avoid or do without enthusiasm. Even a hen with chickens more often finds her babies little titbits under fallen leaves and other garden debris with her beak, than with her feathered feet. She is an attentive and protective mother and allows her babies to be handled and become tame, as she is herself.

Pekins originated in China where they were bred by the royal family. They have been domesticated for centuries and are less flighty than most domesticated fowl, with the possible exception of Silkies. Pekins come in all colours and variations of those colours. Their temperament is extremely quiet and sedate. The roosters are not aggressive, though there has been some concern in the poultry world recently that those who breed for show are concentrating too much on colour and form

and starting to lose the wonderful temperament of the species.

They can be shy with strangers, but with the people they are accustomed to they are endearing little companions, 'talking' to them as they're fed and handled. They are curious but not cheeky, and attentive without being pushy. The more they are handled and hand-fed the quieter they become, but can be left to their own devices and just fed by throwing out a few pellets and occasionally some grain. Their feed will be manufactured into one of the most nutritious fertilisers for plants and is deposited where nature intended, and in quantities that won't burn the plants when washed into the ground by rain or when watering.

Pekins adapt well to sharing the garden with other domestic pets that display no aggression towards them, hopping on and walking over a sleeping dog rather than taking the longer way round to get where they want to be. They are even seen to share the food of these cohabitators of the garden. With small children they are absolutely compatible and make ideal pets, seeming to



**MANAGING POULTRY  
FOR HOME AND HOBBY**

By Bruce Pattinson

A great gift idea for the  
beginner poultry keeper

**\$29.95 plus \$3.00 p&h**

Poultry Information Publishers  
PO Box 438, Seymour 3661  
4/55 Anzac Ave. Seymour 3661.



Pekins are a dumpy, feather legged fowl less inclined to scratch than most other breeds.

enjoy being carried around. Children are fascinated by their antics as well as the softness of their plumage. Pekins will accept a certain amount of rough handling, but the child soon learns the important lesson that gentleness and care will ensure them company wherever they play.

The occasional wonder of finding the clean white orb of an egg on the lawn or among the plants when a hen has been too busy with other things of life to rush back and lay in the appropriate place, adds an element of surprise to the garden. These small eggs are ideal for children and adults alike, though an adult might need three or four to satisfy their appetite for these tasty treats.

Pekins need little room to roost or to be contained to keep them safe from harm. A shelter in the corner of the garden that can add interest and look very attractive can be built or bought, and as long as they are able to shelter from the coldest rain and wind they will be happy and content. A perch low to the ground will be sufficient for their nightly rest, though they will accept a higher bed if a small ladder is installed to assist their ascent. Pekins don't fly. They flap their wings, but the ground is their natural habitat and they are most comfortable there. They can be contained by low fences, but this isolates them and defeats the purpose of their presence.

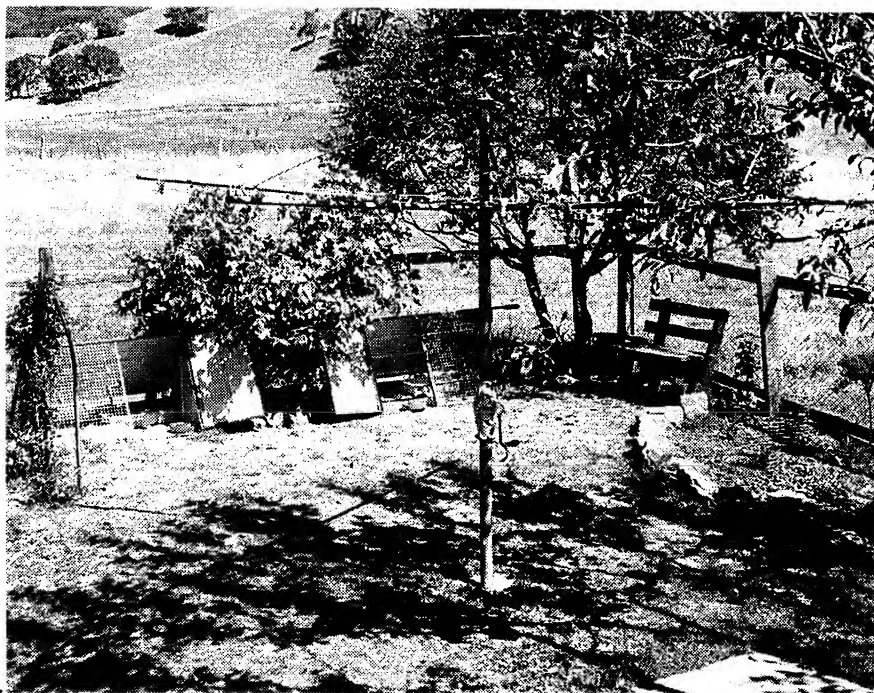
Anyone who wishes to add a little wonder to their life and enchantment to their garden will find these little birds with all their colours and textures an ideal addition.

If you're intrigued by the breed, there are several clubs for interested followers . . . include an SAE if you require written information. Pekin Bantam Club of Aust, David Plant, 46 Newcastle Rd, East Maitland 2323. Pekin Club of Qld, 322 Gold Creek Rd, Brookfield 4069, ph: 07-3374-4662. Pekin Club of Vic, Roly Holmes, RMB 1515, Baddaginnie 3670. 🐦



### NO-DIG IS BEST

Henry Doubleday Research Association in the UK found that no-dig gardens produced healthier, stronger, more abundant vegetables and flowers that crop more heavily. 🌱



A tidy well-managed yard suits Pekins and don't overlook dog or fox protection as these true bantams cannot fly.



## FESTIVE INDULGENCE

### ROBERINO'S CHOCOLATE CAKE TO DIE FOR

*Warning: This is not a breatharian or Jenny Craig recommended recipe.*

150 g macadamia nut pieces (not whole)

100 g dried raisins, seeded and pre-soaked in rum for at least a week beforehand

250 g quality chocolate, either milk or dark

200 g castor sugar

½ cup glacé cherries

6 large eggs

½ cup honey

1 tsp pure vanilla

½ cup flour, presifted

200 g unsalted butter

Preheat the oven to 180° C and grease two 200 mm, or one 280 mm, diameter spring-form tins. Melt the butter and chocolate in the microwave until they reach a runny consistency. Stir in honey and sugar. Break eggs individually into a saucer to make sure they are fresh. Mix the yolks and whites well with a whisk and add to the mixing bowl. Add flour slowly. Mix



thoroughly then add the remaining ingredients. Depending on your oven, bake for 35 to 45 minutes until done.

To serve:

cherry jam

cream, whipped, or vanilla custard

250 g Swiss-style chocolate

If the two-tin method is preferred, assemble the two cakes with a thick layer of morello cherry jam and cream between. If the single-tin method is preferred, present cake slices on individual serving plates with cherry jam and cream spooned over. Ice cream? Why not! Lastly, melt the Swiss chocolate in the microwave and spoon over or beside the cake. Garnish with pre-washed (and frozen if preferred) mint leaves and a glacé cherry for a spiffing and Geronimo effect.

Ah, this is the life. 🍷

# A BIT ON THE SHADY SIDE

by Robert Millet, Coffs Harbour, NSW.

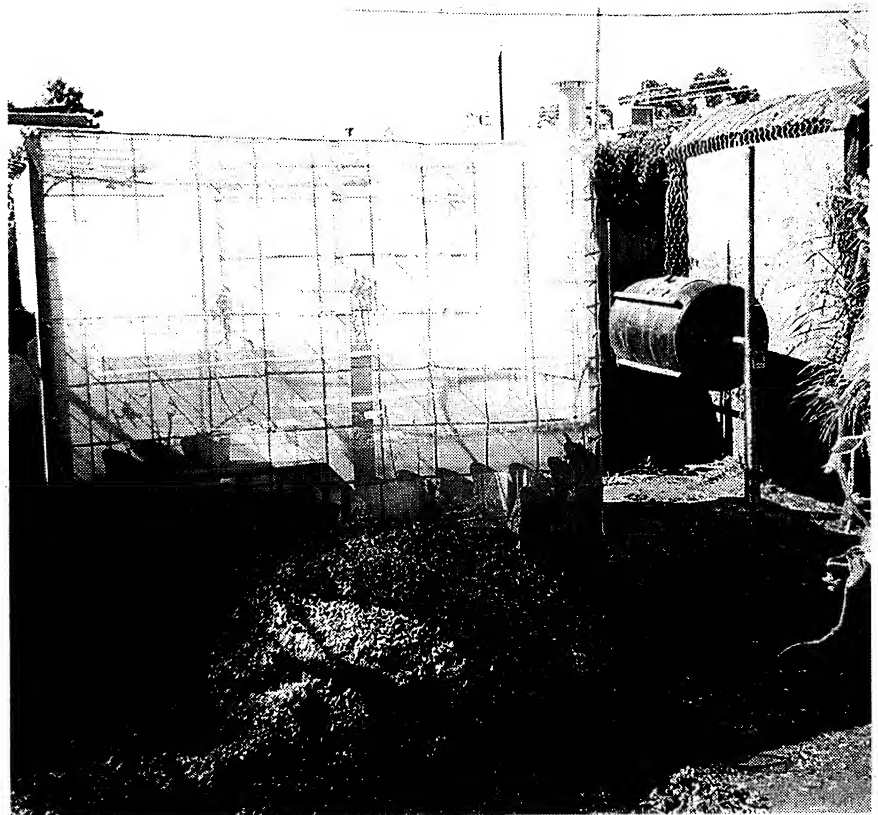
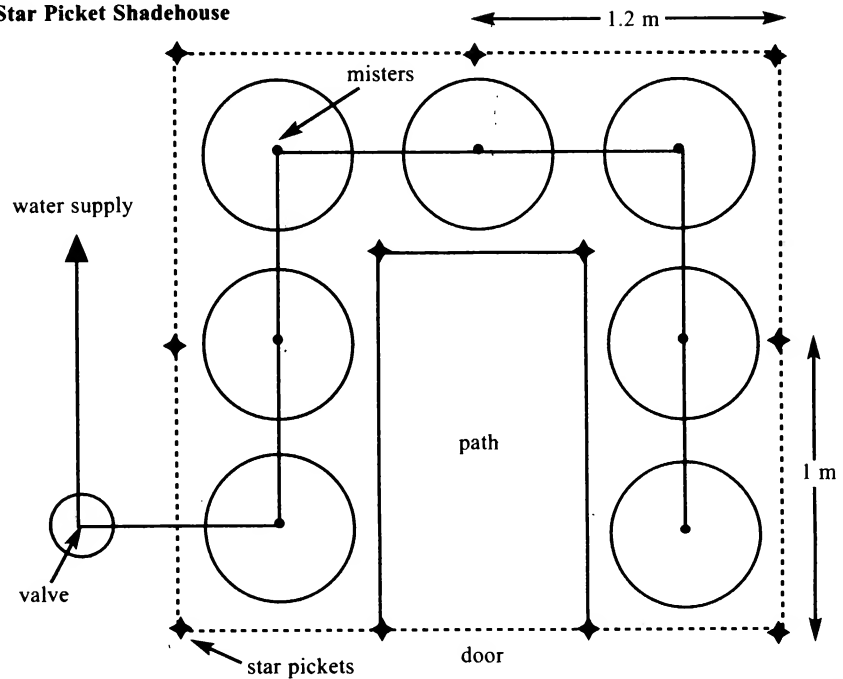
When the thermometer is rising higher than a hot air balloon, not only do lizards, snakes, birds, and gardeners hide in the shade, but it's obvious plants wish they could shift to the shadows and enjoy a cool drink too.

A friend suggested I buy a shadehouse where my seedlings could grow without withering, and hinted I could sit in there with the misters on and chill out with *Grass Roots* and a wine. A rather cool idea. So I looked in several magazines for shadehouses, and, after getting their brochures and then the prices, I decided to build one myself.

I reckoned a shadehouse 2 x 2.4 metres would be about right, as many sheet materials come in those modular dimensions. So I levelled a spot near my garden shed, orientating the doorway to face the Pole. Then I got 9 star pickets 2.4 metres long and drove them in 600 millimetres so that I would have 1.8 metres headroom. I suggest getting the door before putting in the pickets. Because the wind can blow hard at times, I fitted some 5-millimetre weldmesh (200-millimetre squares) on all sides and top, using short lengths of galvanised wire to tie together. Then I laid 70 percent shadecloth over the mesh, and again used short pieces of wire to tie the cloth to the frame. If you do not want or can't afford weldmesh, try ringlock fencing or chicken wire, or you might try threading bare wire between the star picket holes to form a mesh to support the cloth. The ceiling does need a stiffer wire or mesh to prevent sagging and to support the watering system.

Along with seven overhead sprinklers/misters I installed a small valve (per the diagram) then connected the lot to my automatic watering system. Electrical cable ties work well with 12-millimetre trickle hoses. Then I covered an old screen door with shadecloth, fitted a handle and hinges. Next I drilled hinge holes in the star picket and mounted the door using nuts and bolts. Don't fret if there are gaps in the shadecloth or the cloth does not go all

Star Picket Shadehouse



Seedlings and plants under propagation revel in cool shadehouse conditions, and, on occasions, so do humans.



the way to the ground, or if the screen door might be a bit tall for the shadehouse. Plants don't seem to notice these little shortcomings, but they do revel in the cool shade.

The layout I suggest works well, as it provides maximum space for plants and allows me to virtually stand in one spot to reach them all. In place of building stepped shelving, I recycled some old tables and a bed frame to make a work table of comfortable height – always think of your

back. Under the table I store my plastic mini-greenhouses, foam containers for seedlings, pots and other gardening items.

Sometimes I temporarily store new trees in the shadehouse, along with advanced cuttings in pots and other items I'm soon to plant out. At present I am trying to grow some pineapples, just for fun. The misters are on, the day is hot, and this wine is cool, mates, really cool in my low-cost homemade shadehouse. ♻



## BRAZIL'S ORGANIC SUGAR

Unlike many sugar-producing countries, Brazil's Sao Francisco cane mill has taken steps to maximise its share of the global organic trade in sugar. Already the world's largest organic sugar producer, the mill will not burn its cane fields – standard practice elsewhere in Brazil – and it breeds predatory bugs by the millions to use in place of pesticide. ♻



# SIMPLE KNOTS

by Ray Taylor, Darwin, NT.

In 1951 I was staying in the Welcome Flat hut, west-coast side of the Copland Pass, before crossing to the Hermitage, Mt Cook, New Zealand. Two members of the Canterbury Mountaineering Club had gone from the west coast over the Graham Saddle to the South Island, east coast, to return over the Copland Pass via the Welcome

Flat hut. While in this hut for two days, they showed me a knot on which their lives depended, roped together as they climbed. As important, Ross Heney gave me a mnemonic (memory aid) to help remember how to tie it.

1. Hold the coil with your left hand, the left portion uppermost (see diagram).



2. Then with the loose end length – around your body, behind you from the left – say 'up the bunny hole, around the tree, then down the bunny hole,' to give the bowline.

3. Practise this many times with a rope at home to stamp it into your memory.

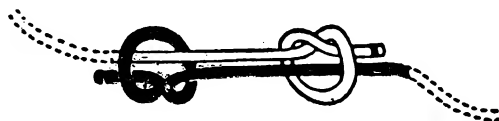
It's easy to undo. Use it to tether a horse, tow a vehicle over the towbar knob, make a nontightening dog lead.

Clove hitch also has many uses, but often is not easy to untie. Reef knot is well known, also often not easy to undo; that is if you are in the sort of circumstances where ease of undoing is necessary. Now give it a go – tie a bow. ♻

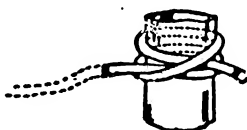
bowline knot



fisherman's knot



clove hitch



## PERMACULTURE DESIGN COURSES

With Rick & Naomi Coleman Dip Pc  
Residential 13 day course on established site  
with internationally recognised teachers  
7710 Bass Hwy, Leongatha, Victoria

March 8th – 23rd, 2002 (Next PDC September 2002)

Call Naomi for a brochure on 03-5664-3301

or email [scpi@tpg.com.au](mailto:scpi@tpg.com.au)

Cost \$675 includes morning teas and lunches. Free camping.  
Work exchange available. First 10 people get free Mollison book. 10% discount for couples. Half price offer if you've done a PDC before.

## Stone Ground Flour In Your Own Home

Using fresh wholegrain flour is the pathway to optimum health and SCHNITZER'S stone Mills are the best way to achieve it. Wide choice of hand or electric models. Send SSAE or call us today.



**SCHNITZER MILLS PO BOX 1867 BOWRAL NSW 2576**

TEL 02-4861-1581 FAX 02-4861-1249

Visit our website [www.schnitzer.com.au](http://www.schnitzer.com.au)



# Becoming Community

by Chari Jolly, Glenburn, Vic.

**It's hard for rural towns today, what with banks and businesses closing and young people leaving en mass for city excitement. How can a mix of diverse individuals come together to form a cohesive unit? One town tells its secrets of success.**

Glenburn is a very small town halfway between Yarra Glen and Yea, having only 200 inhabitants. Many of the original farming families are still here, but in recent years there's been a slow but steady influx of 'city blow-ins', attracted by the combination of country quiet and relative proximity to Big Smoke facilities and employment. However, for many new res-



Regular market days at Glenburn have proven to be a popular way of bringing diverse residents together for fun, bargains, and community interactions.

idents, Glenburn was a dormitory town. Since the local primary school was closed there hadn't been a focal point for social activities. Newcomers had nowhere to meet old residents except the local pub, so nondrinkers, like me, lived here for years without getting to know many people in the area.

The turning point came when a few new residents attended the Glenburn Progress Association's AGM in May 2000. That night we decided to do something about the ghost town that Glenburn had become. We made plans to hold a monthly market at the old Glenburn school (right on a busy tourist highway); to start a monthly newsletter to keep people in touch with what others are doing in the district and as a forum for residents' ideas; and to open the school (now the Community Centre) for social and educational meetings and short courses.

Enthusiasm hasn't waned, in fact it's increased. Monthly markets are a regular feature and the *Glenburn Gazette* has been very well received. The cost of printing the newsletter is well covered by donations for advertisements from local businesses. It's hand-delivered to residents by members of the Progress Association, and obviously residents in adjoining areas are also interested because we've had to increase the number we print. Stocks of newsletters disappear as soon as they're left at the pub or the roadhouse. Older residents are offering fascinating stories of the past and loans of old photographs, so we have lots of historical data to print. People are also writing articles for inclusion in the newsletter.

Feedback has indicated a need for courses at the Community Centre and some have been run, with others in the pipeline. A very successful Cup Eve 'Extravaganza' was held at the local hall in November, and now the Glenburn rural fire brigade has started to hold social functions too.

We have become a community!

I'm sure there are many other districts, like ours, which have become social wastelands. We have no funding, just a few people with the will and enthusiasm to act, recognising that we are the 'they' who should do something about it. If you've moved to a tiny town where nothing positive seems to be happening, you can change it! ☘



A stall of donated work overalls was popular with bargain hunters. The old school building seen in the background has become the Community Centre where courses are now run.

**BOOKS** on Useful  
Plants, Fruits, Nuts, Tree  
crops, Permaculture,  
Organic growing, Farm Trees etc.  
*Best selection in Australasia -  
drawn from world-wide sources.  
Efficient mail-order service,  
contact us for free lists or  
access our web site:*  
<http://www.AOI.com.au/granny>  
**Granny Smith's Bookshop**  
Mail: PO Box 27 Subiaco WA 6008  
Phone 08-9388 1965: Fax 08-9388 1852  
e-mail: [granny@AOI.com.au](mailto:granny@AOI.com.au)  
David Noel, 208 Nicholson Rd, Subiaco WA 6008.

**\$ Making Money \$  
From Home \$**

It's easy when you know how! And the best way to find out how is with the magazine **Australian Business & Money Making Opportunities**. Every issue is packed with information on business and money making opportunities (full or part time). It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p+h) with your name and address to:  
AB, PO Box 5518, Dept GRM, South Windsor, NSW 2756.  
We also produce the following guides: 101 Money Making Opportunities, How To Profit From Your Handicrafts & Hobbies, How To Start A Mail Order Business, Making Money From Flea Markets, Making Money With Your Camera, Making Money With Your Home Computer, Start Your Own Import/Export Business, How To Organise A Successful Home-Based Business. FREE DETAILS SENT ON REQUEST.  
FAX: 02-4577-6942 or Visit our website at:  
[www.profitcentre.com](http://www.profitcentre.com)  
AAA Media Network, 3 Bradley Road, South Windsor, NSW 2756

# BUSHFIRES

## Proper Planning Reduces Risk

by Tony Zammit, Villeneuve, Qld.

At the time of writing this article there has been a little rain in some places and others have had reasonable amounts. All the while the grass, sparse as it is, weeds, blade grass, spear grass, and other assorted fuels have been steadily growing. When the scorching sun causes all this fuel to die some careless idiot drops a match and bingo! You have a bushfire.

As the climatic conditions change, we can no longer rely on regular rainfall to assist in controlling undergrowth. In years gone by it was known when rain was due and plans were made accordingly, but these days the summers seem to be getting hotter and the winters milder. When frosts occur vegetation dies off faster, thus producing more fuel to burn.

There are some steps we can take to prevent fires, or at least reduce the impact on the rural community when bushfires threaten.

- During periods of prolific grass growth, a simple method is to keep the grass mown regularly and mow a good firebreak around your house.
- Keep fences and under fences free from long weeds and grass. A brush-cutter will help greatly here. With shorter grass and less weed growth around the fences and outbuildings, your chance of saving property increases when fires threaten.
- During the months leading up to spring and summer it is a good time to start a hazard reduction program. Start with a meeting of landholders and the local fire warden. Organise times and people to burn off any potentially hazardous areas. In many areas, including ours at Villeneuve, the Rural Fire Brigade will carry out controlled burns for a small donation. Any funds received are used to upgrade and purchase new equipment.

• In early spring a critical look should be taken at your property for areas where fire may threaten. Ensure

that there is minimal fuel in those areas. Check hoses, pumps and other fire-fighting equipment to make sure it is in reliable working condition and readily available in times of emergency.

### IN CASE OF FIRE

Provided all long-term and pre-summer items have been checked, you should be in a better position to withstand fire. To ensure maximum protection, remain calm and carry out the following procedure.

- Be sure that the local fire brigade (urban or rural) knows about the fire. Do not assume that someone has called. Do it yourself! Keep the phone number of your brigade handy.
- Fill knapsacks, buckets, hand-basins and baths with water. Place a ladder against the roof on the outside of your house and have a water supply next to it.
- Attach hoses to taps and assemble fire-fighting tools at a central point. If

you have an auxiliary pump check suction and delivery hoses and fill pump body with water. Start the engine, making sure that it will start when needed. Turn motor off. When it stops, pull starter cord gently until resistance is felt on starter handle. This will ensure that the piston is at TDC (top dead centre) and both valves are closed. This procedure will ensure that the exhaust valve will not jam therefore rendering motor with no compression. This method should be adopted with *all* small four-stroke engines. It does not apply to two-stroke motors because those engines do not have valves.

- Close all windows and doors. If your car is kept in a garage move it to a clear space and wind up the windows. Unlock the doors but leave them closed.

- Block downpipes with tennis balls or something similar and fill gutters with water.

- The education authorities usually have a plan for the safe evacuation of children from schools in times of fire danger. Make sure you know these plans and where the evacuation points are if you have children at school.

- In times of fire do not wear synthetic clothing because it can melt onto your skin. Woollen clothing is by far the safest.

Provided you have followed the outlines set out above, your house and/or outbuildings should remain safe. Above all stay calm and co-operate with the fire-fighter officers and obey directives.

Do not evacuate your house until told to do so by the police or fire brigade officers. If ordered to evacuate, remain calm and assemble everyone from your house at the car. Don't overload the vehicle and do drive carefully. Don't attempt to drive through thick smoke, for obvious reasons.

If flames sweep towards your car, *do not leave the car* and attempt to run.



Take note of nearby fire refuges in case you do need to leave your property during a bushfire.



You are safer inside the car. Get down on the floor and cover yourself with a blanket. Once the flames have passed over, *then* get out of the car and check for spot fires near or on the car. Extinguish as required. Petrol tanks rarely explode during this period. Most modern vehicles have more than enough venting in the fuel system.

Once you have arrived at the evacuation station, report to a senior person and give all names of the people with you. While bushfires are potentially dangerous, some common sense, a calm and level head, and a plan, will swing the odds greatly in your favour. It is really up to individual property owners to make sure that these sensible rules are followed. When they are, people's lives will not have to be put on the line to ensure the safety of some.

#### HINTS THAT MIGHT HELP

- If possible, use petrol or diesel-powered pumps rather than electric. If the power poles burn or the power is cut off, your electric pump will be useless.

- If you are using polypipe section hose from your dam or water source, it is a good idea to bury the line 300 millimetres to prevent fire melting the pipe. If using galvanised pipe, this is not such a problem.

- Make sure the foot valve on the end of the suction line is working and the ball valve spring has not rusted away. If you don't have a foot valve or check valve, it takes much longer for the pump to suck water along the line before being able to use the water for fire fighting. A foot valve or check valve will keep the suction line primed with water at all times and therefore

the pump can deliver pressurised water shortly after the motor starts.

Another point concerning foot valves is *don't* have them resting on the bottom of the dam or creek. They will always suck up stones, gravel and mud into your pump, thus blocking the impeller and rendering the pump useless!

Always suspend the foot valve under some type of float (an empty five-litre oil container with the lid in place does the job well). Make sure you position the foot valve about 300 millimetres under the surface of the water. That way it will only suck clean water at all times.

I hope this article will be of some assistance to people who might be at risk of a bushfire threatening their property. If I can be of any further help, I can be contacted on: 07-5496-3600. ☛



#### TRAINING VIDEOS THAT CAN EARN YOU EXTRA INCOME

The easy way to learn new skills

PH: 03-5368-1376 FOR A  
FREE BROCHURE

Distributors enquires welcome

**Adele Video Productions**

48 Atkinson St, PO Box 120,

Ballan, Vic 3342

Ph: 03-5368-1376 Fax: 03-5368-1989

Email: avp@netconnect.com.au

Website: www.videoproduction.com.au

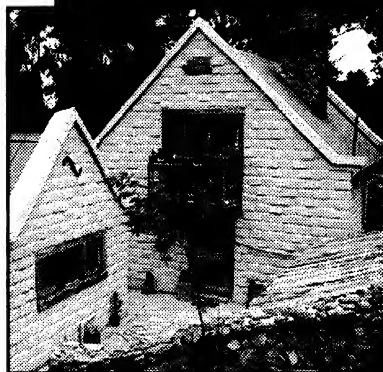
#### MANAGING SALINITY

Salinity is increasingly affecting farms and can mean land is totally unproductive. Some tried-and-tested practices to maintain or restore productivity to saline areas:

Keep paddock sizes small – from around 8 ha to 15 ha on average, and reduce grazing days to 107 – 112 days per paddock. Smaller paddocks result in more even grazing, as does rotational grazing of stock, which also allows more recovery time for pasture. Although this creates some soil disturbance, it encourages grass seed germination without too much erosion.

Sowing lots of different types of pasture seed can increase the opportunity of good results. Some of the better performers include tall wheat grass, puccinellia, tall fescue (triumph), strawberry clover, balansa clover, subterranean clover (trikkala and gosse). Others species worth trying are Australian phalaris, Haifa and tahora white clover, perennial ryegrass and Goulburn and leura subclovers. Together with applications of super, weed control etc, this can be a costly exercise, but obviously a vast improvement on bare eroded soil and a good way to generate capital improvement on your property.

Though trees are used around saline areas, green grass is still the best way of removing soil moisture before it forms a salt crust. Changes to drainage lines or concentrating drainage through a specific area to limit it spreading out are also options. ☛



**IF you want to save money, labour,  
energy & the environment  
DON'T build a single storey**  
Get our plans book first!

With thousands of customers Australia-wide, and now overseas, our books will surely provoke your thinking

Send \$20.00 (includes postage) to:  
Peter Lees, Architect & Builder,  
2 Parkside Grove,  
Frankston South, Vic, 3199  
Phone 03 9783 8632  
Mobile 0427 136 998

**40** photos, text  
prices and plans of small  
to large homes (or sheds,  
studios, whatever).  
Unlimited layout  
possibilities, catering for  
mudbrick, rammed earth,  
timber, stone or brick and  
in particular the needs of  
owner builders.

# Common Ticks Of Australia

by Elaine Williams, Pomona, Qld.

Ticks are small arthropods related to lice that obtain nourishment for reproduction by sucking the blood of a host animal. A variety of ticks are found in Australia, the most common being the paralysis tick, the cattle tick and the bush tick. Ticks are not restricted to Australia, however, and enjoy virtually a worldwide distribution. All ticks cause varying degrees of irritation to their host, transmit disease, and many have been found to cause paralysis in animals. Of these, several have been reported to cause paralysis in humans. Eastern Australia though, has the dubious honour of being the preferred home to the most deadly of these, the Australian paralysis tick (*Ixodes holocyclus*).

## IDENTIFICATION

There are four stages in the lifecycle of the tick. A female tick can lay about 3000 eggs that hatch into larvae after about two months. Tick larvae can survive for many months, waiting in pasture or other vegetation for a host. After finding a host and feeding, they moult into the nymph stage of development. This process is repeated, ending when the fed nymph moults to begin the adult stage. Adult female ticks again follow the same process, except when fully fed they drop off the host to lay their eggs and die.

People sometimes identify all types of ticks, including the paralysis tick as just 'bush ticks' and may refer to very small ticks as 'grass ticks' or 'seed ticks'. If you look carefully at the commonly found adult ticks, you will see that they are actually different enough in appearance to identify them quite easily. The best way to identify ticks (after removal from the person or animal of course) is to compare them to a good quality identification chart. All veterinary surgeries, especially rural ones, are likely to have a chart handy.

The following physical descriptions are only of the adult female tick as males reportedly do not feed, or only feed infrequently from host animals. Though it's not too hard to identify

adult ticks (especially when full of blood), it can be quite difficult with immature ticks (larvae and nymphs) – those frequently referred to as the 'grass ticks' or 'seed ticks' mentioned above. This is mainly because the larval stages are microscopic and the nymph stages can be as small as a pinhead.

### Paralysis Tick (*Ixodes holocyclus*)

When not using humans and domestic animals as hosts, the paralysis tick (native to Australia) lives primarily on bandicoots and other small marsupials. (I've seen quite a few on echidnas as well.) Though they seem to have little effect on native animals, they can cause severe irritation at the bite site and in surrounding tissues in people and domestic animals, as well as transmitting serious bacterial infections. Small/young domestic animals can suffer paralysis and sometimes death. Initial stages of paralysis can be recognised by being aware of changes in your animals' behaviour. Symptoms include uncoordinated gait (wobbly legs) and difficulty breathing. Visit your vet for more specific information on how to recognise the symptoms early so you can avoid unnecessary suffering and expense.

Paralysis ticks are found all along the east coast of Australia in rural areas and

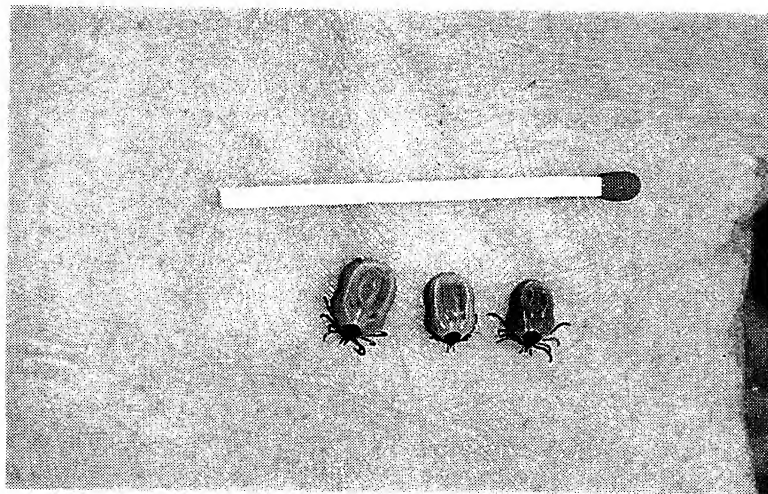
other well-vegetated areas, during the warmer months of the year (realistically most of the year). Some reports state that the paralysis tick has also been found in Western Australia and in Tasmania.

The first and last pairs of legs are brown while the ones in between are paler. Their bodies start out somewhat yellowy brown and pear (tear) shaped and, when engorged, become greyish to dark blue/black, more oval shaped and about the size of a pea. The shield behind the head is also roughly pear/oval shaped. Their prominent snout is longer than that of the cattle and bush ticks.

### Cattle Tick (*Boophilus microplus*)

You will find cattle ticks almost exclusively on cattle and their relatives (such as buffalo), though occasionally on other domestic animals. The cattle tick is an introduced species that originated in Indonesia. Cattle ticks are responsible for the spread of the potentially fatal disease (in cattle) 'tick fever', reduced production, damage to hides and irritation.

Cattle ticks are found in the Kimberley, north and eastern rural areas of Australia in the warmer months (most) of the year. You may be aware of the various control methods such as livestock transportation restrictions and



The adult paralysis tick, when engorged, is about the size of a pea. This tick is native to Australia and often found on small marsupials.

quarantined areas. It is important to protect these in order to prevent new areas from becoming infested. If you find what you believe to be a cattle tick in an area you know to be 'clean', you should notify the nearest Department of Primary Industries/Agriculture or District Veterinary Officer.

Cattle ticks have pale coloured legs, of which the first pair is well spaced back from its snout, unlike the paralysis and bush ticks. Its snout is short and straight, and the shield behind the snout is oval shaped and dark brown in colour. The body shape is a long oval, almost rectangular, and varies in colour from greyish brown to dark greyish green/blue. They can fill out to be a bit larger than a pea.

#### Bush Tick

*(Haemaphysalis longicornis)*

Bush ticks have a preference for cattle, deer, dogs and horses, but can also be found on other domestic animals and people. Bites from the bush tick can reduce production, damage hides and cause irritation. The bush tick was introduced from northern Japan and is found in coastal areas in both western and eastern Australia. The actual areas depend on which map you use. As with the other common ticks, the active part of the bush tick's lifecycle occurs during the warmer months of the year.

Unlike the paralysis and cattle ticks, the legs of a bush tick are all a dark reddish brown colour. The first pair of legs is positioned quite close to the short snout, and the shield is oval shaped. They are similar in size to the cattle tick, about the size of a large pea when fully engorged, but are more broadly oval in shape. Body colour varies from dark reddish brown to dark blue/grey.

*If neither you nor your vet/doctor are able to accurately identify the tick and in the case of unexplained serious illness that you feel may be associated (more on this later) you can send the tick to the 'Tick Alert Group Support' (TAGS), PO Box 95, Mona Vale NSW 1660. It is recommended to keep the tick as a sample by securing it in a small sealed container with methylated spirits or similar.*

#### TICK REMOVAL

Most people have their own preferences with regard to tick removal and there is just about as much variation in published recommendations. Basically, there are two main approaches – live removal and pre-killing before removal. Whichever approach you feel is right for you, the key is doing it *immediately*.

Live removal involves using a suitable device to grasp the head of the tick close to the person's/animal's skin. Using a steady pressure, pull the tick straight out, taking care not to squeeze the body of the tick. Where possible, get someone else to do this if the tick is on you, and ensure that children always get an adult to do it. In the situation where you have many ticks (usually happens with immature 'grass ticks') add one cup of sodium bicarbonate (baking soda) to a bath and soak for half an hour or so. Remember to wash your hands and removal device (if you used one) and disinfect the bite site with a gentle disinfectant. It's probably not a good idea to apply any disinfectant to an animal that would be able to lick it off. After removal, it may also be helpful to apply a cold compress to ease discomfort, especially for children. *Remember to destroy the tick so that it cannot*

*continue its lifecycle.* Ticks at all stages of development can survive for many months without feeding and engorged ticks can lay thousands of eggs.

The pre-killing approach, requires the use of an appropriate poison to cause the tick to withdraw and/or die in place before removal (see below).

Devices useful for removing ticks include specially designed tick extractors, tissue forceps and haemostatic forceps – ask your vet about these. Tweezers (available from chemists etc) often need a bit of modification to avoid grasping the body as well as the head, but are effective and inexpensive. If the tick is clear of the surface of the skin, you can use long fingernails or wrap sewing thread tightly around the tick's head and pull it out this way. Some people choose to use small scissors, opened just slightly and slid in between the skin and the tick.

#### SOME NOTES OF CAUTION

- If the tick is in an ear or other sensitive or inaccessible position, seek professional assistance immediately. Sometimes paralysis ticks embed themselves very deeply and they are extremely difficult to get a secure grip on without squeezing the body. A vet or doctor should have a good selection of suitable devices.

- If the condition of the person or animal deteriorates significantly, seek professional assistance immediately.

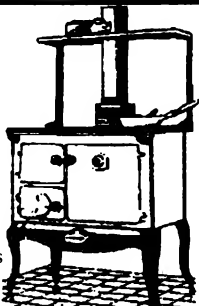
- Ensure your tetanus immunisation is up to date.

- Some people can have an allergic reaction from just touching ticks, so wear gloves or get someone else (without tick sensitivity) to do it. Even if you are not sensitive, take care not to handle the tick's gut contents.

## STANLEY

**A LEGEND IN COOKING!**  
**WOOD STOVES with**  
**Cast Iron durability**

- Large fire box with choice of Domestic Hot water or Central Heating boiler
- Large self cleaning cast iron oven
- Large cooking surface with ground hot plates
- Choice of models and finishes



**FOR YOUR CLOSEST DEALER CONTACT:**

**CASTWORKS**  
8 Roosevelt St, Nth Coburg 3058  
Ph 03-9354-4666 Fax 03-9354-9971

## ALTERNATIVE EDUCATION

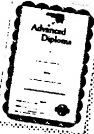

**study at home**  
**NEW 2001 HANDBOOK AVAILABLE NOW**

**ONLINE BOOK & VIDEO STORE**

**FREE CAREER COUNSELLING**

**300 COURSES including:** \* Organics \* Herb Culture \* Aromatherapy  
\* Aquaculture \* Alternative Energy \* Self Sufficiency \* Starting a Nursery  
\* Running a B & B \* Freelance Writing \* Photography \* Writing a Web Site  
\* Starting a Small Business \* Pet Care \* Horse Care \* Poultry \* Human Nutrition \* Psychology

**Australian Correspondence Schools**  
264 Swansea Rd, Lilydale, 3140,  
PO Box 2092, Nerang MDC Queensland 4211  
Phone: 07 5530 4855 or 03 9736 1882 Principal: John Mason  
Web <http://www.acs.edu.au/hort> E mail [admin@acs.edu.au](mailto:admin@acs.edu.au)

- Choose a human/animal safe product to prekill the tick. The main argument against pre-killing the tick is that the use of many common chemicals and mixtures (methylated spirits, Vaseline etc) are believed to be slow to kill and so irritate the tick to the extent that it may inject more toxin or pathogens in its distress. As ticks can take quite a while to die (an hour or so) there may be more opportunity for disturbance of the tick, which is undesirable for the same reasons. Research suggests that 'human safe' products containing DEET (Rid, Aerogard etc), permethrin (Permoxin) and citronella based preparations are possibly the best option for effectively killing/repelling ticks. Be aware that DEET is a poison that is absorbed through the skin and some people and animals can have an allergic reaction. For safety, low concentration DEET products should only be used, especially with children or other sensitive people and animals. Of course, there is a risk of adverse reaction when using any toxic chemicals – always read the packaging information or seek professional advice if you feel the need to use them.

- It is important to avoid squeezing the body of the tick for three reasons. First, because the toxin-producing salivary glands run the length of the tick's body, even a small amount of pressure can force the toxin into the bite site. Second, susceptible people or animals may experience allergic reaction to the

tick's gut contents. Finally, and most importantly, the gut contents of paralysis ticks for example, may contain pathogens responsible for lyme disease or tick typhus. Whichever process you choose to use, live removal or pre-killing, consider these three points.

- Regardless of the method of removal used, the effects of the paralysis tick venom usually gets worse before it gets better. Affected people and animals should be kept cool, rested and under observation.

- Often mouthparts are left behind in the skin. This is usually nothing to worry about as the body tends to shed them with the resulting scab. Sometimes, if the tick was deeply embedded, more of the head can be left behind and a foreign body granuloma may form.

### TICK-BORNE DISEASES

As mentioned above, cattle ticks transmit tick fever to cattle, and the paralysis tick (among other less common ticks) is known to carry lyme disease (*Lyme borreliosis*) and tick typhus (also known as spotted fever) that can affect both humans and animals.

For management and treatment of cattle with tick fever it is important to consult your vet immediately. Symptoms to look for in your cattle include fever (41 degrees), depressed appetite and attitude, rapid pulse and respiration, scruffy coat, red urine, shivering, uncoordinated gait, yellow membranes of eyes, nose and mouth.

### Human Symptoms

Fortunately lyme disease and tick typhus are uncommon, but if you experience the following symptoms (even up to months after the bite in the case of lyme disease) seek medical attention.

**Lyme disease:** Initially symptoms similar to the flu (headache, fever, muscle/joint pain, fatigue and swollen glands) as well as conjunctivitis. A rash may or may not appear. Symptoms of a chronic (long-standing) infection include chronic fatigue, behavioural changes, severe headaches, rashes, pain, arthritis, nerve, heart, eye, neck and memory problems.

**Tick typhus:** Initially symptoms are similar to the flu (fever, muscle/joint pain, headache, sore throat and cough) as well as conjunctivitis, confusion, sensitivity to bright light and rash similar in appearance to chicken pox.

More information about these diseases is available by contacting the voluntary group: Tick Alert Group Support (TAGS), PO Box 95, Mona Vale NSW 1660. Doctors requiring more information can obtain a doctor's kit from Cathy Butler, Health Promotion Unit, PO Box 465 Manly NSW 2095.

People on the land are likely to encounter these unpleasant pests from time to time (probably quite frequently) in the garden, paddocks and bush. For more specific information about our many varieties of ticks, tick control and identification, your local vet, Department of Primary Industry/Agriculture, TAGS, and the Internet are great sources. ☘

## Melbourne Rudolf Steiner Seminar **BIODYNAMIC FARMING & GARDENING**

Part-time course over 12 months.

**Begins February 2002.**

Monday and Tuesday from  
9am to 3.15pm.

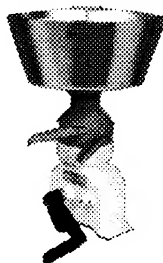
Working with the natural  
powers of nature's alchemy  
to transform agriculture.

**For information phone  
Sandra Paulka 03-9876-5199.**

213 Wanga Rd, Warranwood 3134

## The House of Craftsmanship

You've got your own milk, now  
have your own cream!



Manual cream separator  
10L bowl for skimming up to 60L of  
milk in half an hour  
PO Box 41, Armadale WA 6112.  
Phone: 08-9498-0231  
Fax: 08-9498-2176.

33 Chadwick Parade, Brookdale WA 6112

## Raphael College

**International Rudolf  
Steiner Higher Education**  
Distance Education  
**Bachelor of Education**  
(Steiner) 4 Years  
**Bachelor of Arts**  
(Anthroposophical Studies)  
3 Years

The Registrar

Ph: 02-6653-7705

or 02-6680-7688

Email:

marekchod@ozemail.com.au

18 Woodhouse Rd, Moolene Beach 2450



# VINEGAR

## In The Kitchen

Many culinary uses of vinegar have been practised for centuries. Pickling has long been a favourite method of food preservation. Vinegar is a major ingredient in chutneys and relishes frequently used to enliven other dishes. Seasonal food gluts of particular areas have led to the devising of regional specialities, mango chutney in the tropics, for example.

Today, gourmet vinegars are in demand, with balsamic and wine vinegars gaining popularity for the distinctive flavours they impart to a variety of foods. Herb vinegars can enhance cooked foods, or be added to or substituted for salad dressings to complement the flavour of fresh vegies. They are easy to make at home: Add a cup of clean, dry, freshly chopped herbs to two cups of wine vinegar, ensuring all leaves are covered. Keep in a dark cup-

board for a week or two, shaking every few days. Taste after a week. When the flavour is strong enough, strain out the herb and bottle the liquid in a clean dry bottle with a plastic or cork top, adding a fresh sprig of the relevant herb for decoration.

Some of the many other culinary uses for vinegar include:

- A vinegar-saturated cloth wrapped around cheese will prevent mould.
- Fresh ginger, once peeled and grated, can be stored in a jar of balsamic vinegar.
- Wilted vegetables can be revived by plunging them into a weak solution of cold water and vinegar.
- Tenderise meat by adding wine or balsamic vinegar to the marinade.
- Fish scales will come off more easily, and hands will smell less, if the fish is rubbed with vinegar prior to

scaling.

• Brush the top of an almost-baked loaf of bread with vinegar to create a shiny crust.

• Add half a teaspoon of vinegar to three egg whites for a fluffy but firm meringue mixture.

• A teaspoon of wine vinegar added to desserts will reduce the sweetness and improve the flavour.

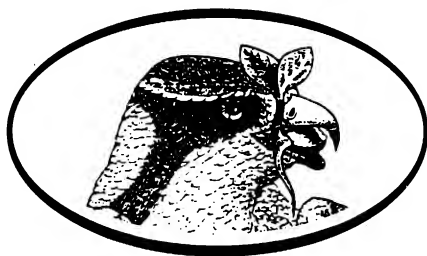
• Enhance the flavour of boiled meats by adding a small amount of vinegar to the cooking liquid.

• Steamed vegetables will retain their bright colour if a splash of vinegar is added to the water.

• Improve flavour of mashed potatoes by adding a dash of wine vinegar and beating well.

• A uniquely flavoured vinegar can be made by leaving a bottle of wine uncorked until it becomes sour.

## PHOENIX SEEDS



**Common & Unusual Vegetables**

**Culinary & Medicinal Herbs**

**Cottage Garden & Modern Cut Flowers**

**Utilitarian & Ornamental Trees**

Current mail order catalogue is available now - free. A copy will be posted if you send your full name & address to:

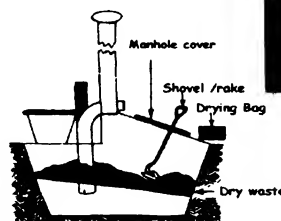
**Phoenix Seeds, PO Box 207, SNUG 7054.**

**Ph: 03-6267-9663**

Channel Hwy, Lower Snug 7150

## Simply Enviro Loo

- Totally sealed
- No foul odors with sufficient wind and sun.
- Very Low maintenance
- No water needed.
- Ground Level installations
- Minimal Moving Parts
- Assembled quickly
- No chemicals



Backup fan available for domestic applications

It is only the dried waste that requires removal after a few years. A shovel and container is all that is necessary



Enviro Options Aust. P/L  
ACN 083 573 540

**For Further Information Contact**

**Sydney Head Office**

Tel 02 9456 0172

Fax 02 9456 0173

Agents: Byron Bay 02 6685 4619

Cairns 07 4053 6131

Adelaide 08 8265 7079

[www.enviro-options.com.au](http://www.enviro-options.com.au)

# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

### ATTACKING MAGPIES

I have a problem with magpies attacking and killing my chooks every time I let them out of the pen. Apart from shooting the magpies, which I won't do, I welcome any other suggestions that might solve the problem.

**Keith Upward,**

**DARRAWEIT GUIM 3756.**

*Magpies can be both vicious and persistent during the mating season, though usually they don't go as far as killing assumed enemies. Keith, you don't mention whether there is a rooster with the flock; a protective male bird can make all the difference. Generally, when the magpies first attack the hens get very frightened and run for shelter. A rooster, by comparison, will usually stand his ground and even give as good as he gets. The end result is the magpies respond to the fowls' response, and if they're challenged are more cautious with their bullying behaviour.*

*As the magpies have become very aggressive it would be prudent to leave the hens locked in for a few weeks to try and break the behaviour cycle. This may involve extra work in cutting grass for the birds every other day, but it is a more positive option than dead stock. Perhaps readers have other methods they have tried and can recommend.*

### HAWK ATTACKS

In the past I had a lot of problems with hawks attacking my 3 - 4 month old

ducks as well as swooping down on the chooks. At that time, my two dogs, about 2 - 3 years old, suddenly became the solution to this problem! All I did was train them to 'look up', recognise the call of the birds of prey, and start barking. Now, they are worth their weight in dog biscuits!! Just the noise of any of these winged predators has my two dogs looking up and chasing the birds 'in the sky'! They also know the chook, duck and guinea fowl alarm calls.

What type of dogs are they? Red cattle X and blue cattle X. They can often be seen 'scanning' the skies when the birds are alarmed . . . truly amazing to watch!

Hope this is useful to the readers.

**Jane 'Many Leaves',  
BABINDA 4861.**

### KILLER CAT

We've just hatched our first batch of chickens, a really thrilling event, but were devastated when two days later the family cat took a couple and ate them. We wouldn't have known except he left the chicks' wings on the front door mat. Help! We like our cat and manage him so he doesn't have a free rein with bird life. Is this behaviour normal and will he always prey on new chickens?


**James Family,  
BALLARAT 3350.**

*Cats vary immensely in their response to chickens, some disdaining to even notice them while others keep an eye to opportunity and will grab a chick whenever the chance arises. It's very effective if you can educate the cat when young - a cross and protective broody hen will do this splendidly. If the habit has become ingrained, you can expect puss to always be a danger. Keep hen and chicks in a coop or pen for the first 10 - 14 days, after that the chicks are vigorous and active and well bonded with the mother, and the cat would be very lucky to get near the littlies. Remember that young ducklings will also be at risk and that mother ducks are very casual with care and protection, so broods should be contained in a safe site for the first 10 days.*

### NATURAL LIFE SAVER

My suggestion for readers isn't unique, but is invaluable - Dr Bach's Rescue Remedy. Finally bought a bottle this year after hearing about this natural stress and emergency aid for years. It helped our toddler with teething and when our elderly dog collapsed in the heat, helped pull her through a touch-and-go situation. A drop or two was put onto her nose every 3 - 5 minutes during the critical period and reduced to every 15 and then 30 minutes. She's fine now, thank goodness. Rescue Remedy is available at health food shops and some chemists.

**Mandy & Dale Green,  
ALBURY 2640.**



**Dr. Douglas Wilson**  
BVM&S PhD DipHom  
"for effective alternative treatments"  
*Homeopathy, Herbal,  
Nutrition, etc.*

**Telephone consultations  
available for interstate clients**

**The Holistic  
Veterinary  
Clinic**

308 Glen Osmond Rd  
Fullarton SA 5063  
Telephone: 08-8338-0005

## ALTERNATIVE THERAPIES FOR ANIMALS



**\$90 Pet Power Pack First Aid Kit**  
\$95 with flea, worming & heartworm  
prevention, plus book.  
\$30 only for flea, worming and  
heartworm energy.

Please contact Jackie Fitzgerald for  
other products available.

**Jackie Fitzgerald: Homoeopath, Herbologist, Reiki Master.**  
Shop 4, 658 Pittwater Rd, Brookvale NSW 2100, Australia.  
Ph: 02-9939-0410 Fax: 02-9939-0404 Mobile: 042-778-8858



### WHALES UNDER THREAT

While being a signatory to a moratorium on commercial whaling, Japanese whalers continue to hunt whales for purposes of scientific research. In August 2001 a returning fleet is reported to have taken 158 whales – 100 minke, 50 Bryde's and eight sperms. The latter two are accorded protected species status in a number of countries. Over 2500 tonnes of whale meat were consumed in Japan in 2000.

Closer to home, permission has been given for seismic testing to be carried out by an oil company in the ocean off Warrnambool (Victoria) between September 1st and December 31st 2001. The area is a habitat for southern right whales and blue whales, both endangered species. Conservationists fear that the shockwaves in the water caused by seismic testing could interfere with the whales' sonar communication and position-finding ability. An oil company representative believes the testing will have little impact and Environment Minister, Senator Robert Hill, is confident that adequate measures have been taken to ensure the safety of any whales in the area.

### METHANE MATTERS

Methane is a more potent greenhouse gas than is often realised, being 21 times as harmful as carbon dioxide. With over 15 percent of Australia's greenhouse gases being attributed to methane production by livestock, efforts to reduce this figure are receiving attention. A reduction of animal methane output of up to 75 percent can be simply achieved by feeding stock a nutritionally balanced diet. Apparently, the poorer the fodder, nutritionally speaking, the higher the methane production. Lucerne is recommended as being easily digested, nutritionally balanced and leaving little waste – including methane production. In addition, its profuse biomass and root system remove large amounts of carbon dioxide from the air and sequester it in the soil as carbon.

On another front, a CSIRO project is inviting farmers to participate in a stock methane vaccination program aimed at discouraging the gut flora,

*Methanogenic archae*, responsible for the production of methane. The goal is to have a million cattle and two million sheep available for vaccination every year from 2005 to 2012 and to reduce methane production by about 20 percent, with consequent gains in productivity. Cattle and sheep producers interested in becoming involved in the project can register their interest by accessing the website: [www.csiro.au/methanovaccine](http://www.csiro.au/methanovaccine) and forwarding the letter of intent found there.



### FOX FOUND IN TASSIE

Until recently Tasmania was the only Australian state still free of the fox menace, a major threat to indigenous wildlife. A series of reported sightings in the northern Midlands area south of Launceston has culminated in the shooting of a male fox about 12 kilometres from the town of Longford. Examination of the animal's stomach contents revealed remains of native fauna including a native mouse and a skink. It is unknown whether the fox was a lone animal or if there are others in the area.

### MINE SITE REHABILITATION

Hazelwood Power, operators of Hazelwood Power Station and the nearby open cut mine, have a commitment, inherited from the former SEC, to rehabilitate areas disturbed by coal mining. In one instance, a 330-hectare overburden dump has been replanted with a mixture of native grasses. In 1997 over 10,000 cells of native grasses were hand-planted into the site. The wallaby grass has subsequently set seed and self-propagated though there has been less success with the other grass species planted. Wallaby grass will therefore be the major species, but

plantings of other species will be undertaken in order to increase the biodiversity of the site. Also planned is the introduction of lilies, orchids, and daisies to reproduce a natural grassland ecosystem.

Another project has re-created a series of wetlands on the former water-courses of the Morwell River and Eel Hole Creek. The restored wetlands are now providing water bird habitat. These projects indicate the possibilities that exist for rehabilitating even the most degraded sites.

### FARMING SUSTAINABILITY

A CSIRO scientist has told a landcare and catchment management conference in Queensland that farming methods currently in use in Australia do not suit the country's environmental conditions. Dr John Williams of CSIRO Land and Water is reported as having recommended the development of a landscape having a mosaic of tree crops, mixed perennial/annual cropping systems, and significant areas devoted to maintaining natural ecosystems in order to retain landscape function. He asserted that the only way to reduce groundwater to its pre-farming level was to revegetate with native or other plants having similar groundwater recharge rates. Land use will need to change radically to replace crops and pastures in many areas with large-scale commercial tree crops producing fruits, nuts, oils, pharmaceuticals, bush foods and forestry products.

### PEST PLANT TO POWER PLANT

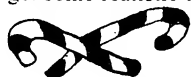
A pilot project underway in the Northern Territory is building a new electricity generating plant to be fuelled by one of the Territory's worst pest plants, *Mimosa pigra*. This prickly introduced plant has become a major environmental weed, infesting 80,000 hectares of native vegetation. The project will not only control the weed, but is also expected to save about 24,000 tonnes of greenhouse emissions over ten years of operation through the use of integrated technologies. There is potential for similar projects to utilise environmental weeds in other areas of Australia. ♣

# FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

Keep up the good work, you have the most interesting magazine I have ever read. I wonder if anyone could tell me where I can purchase **ORGANIC STRAWBERRY RUNNERS** as I would love to buy some.

Also, I am an **EGG DECORATOR**; in other words I turn emu/duck/goose eggs etc into trinket boxes, clocks etc. Thought a mail order business would be a good way of providing people, especially in rural and outback areas, the opportunity to purchase a kit at a very reasonable cost, as I have found so many dealers are quite highly priced with items. My next stop was the newsagent, where I bought a magazine dealing in small business which I thought would give me a good head start. Wow, I nearly fell off my chair with phrases like: 'I used to make \$40,000 a year, now I can do that in a week' etc etc. I think if this is what a person wants to do that is very good, but myself, being an easy-going relaxed type of person, I really wasn't thinking of anything remotely near that sum. I basically only want to break even and provide a service to people living far from towns. I wonder could anyone help or advise on a far smaller idea of mail order which would be within my capabilities to fulfil? I really don't want to know how I can receive 400 – 500 orders a day as most of the ads told me! Here's hoping I might get some realistic advice.



Bev,  
PO Box 280, WALKERSTON 4751.

Dear Mary & Readers,

I had long been searching for **CAPE GOOSEBERRY** know-how, with little success, so I appreciated the article in GR145. Noted from an old Yates garden book that there are two colour varieties. It seems Cassandra Turnbull's are the red variety, ours when ripe being olive green in colour. We have information that the cape gooseberry plant is used as the base plant for grafted tomatoes, unable to verify this fact. Our main plant is at least four years old, indicating that it is a perennial. It is growing in rich, heavy soil, is about 1.5 metres in height and 2.5 metres in diameter. We have discussed whether, when and how much to prune the plants. Here on Westernport the fruit is ripe long before falling to the ground. Now in mid-winter our oldest plant has little green lantern pods over much of the plant. It seems pruning, if any, should take place soon after harvest is finished.

A cape gooseberry plant came up outside the vegie patch's rabbit-proof fence. It now has its own rabbit-proof fence. Rabbits keep it pruned neatly to the fenceline. The top grew beyond rabbit nibbles and bore an immense crop. It could well be that growing cape gooseberries as annuals might be the most profitable way to go. Rabbits appear the only problem, so far, no sign of bugs or disease of any type.

If Cassandra Turnbull could send details of the mail order firm to *Grass Roots* I am sure many readers, myself included, would be appreciative. The high price in supermarkets is understandable. It would be a time-consuming task to pick, pack and transport to commercial standards.

Re: Irma's letter on **ONION WEED** (GR145). We have had this onion weed problem since moving to Shoreham. During its growing period, right now, I use two five-litre dippers of onion weed daily as green feed for my fowls. Holding a handful in right hand, I grasp 25 – 30 millimetres between thumb and forefinger of left hand, and twitch off into dipper. I feel green feed should not be the major portion of fowls' food stuff, but a supply of enjoyable fibre and nutrients. With regard to household usage, I'll have to consult the head cook who has just called me in for lunch – scrambled eggs on toast. I am aware the very rich colour of my lunch is due to onion weed.

Ken Woods,  
79 Blake St, SHOREHAM 3916.

Dear GR Readers,

I have recently moved and haven't yet met many people. I am not impatient by any means, but am enjoying what this beautiful area has to offer (visiting national parks and going for drives). I don't frequent pubs and clubs as I don't smoke or drink. I am totally aware that these things take time and I do have my small dog for company.

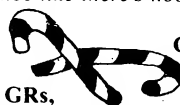
I have been travelling for a little while and have been corresponding with people I have met along the way and I really enjoy it. So I was thinking I would like to expand and **CORRESPOND WITH PEOPLE FROM ANYWHERE IN AUSTRALIA**. If anyone is interested please read on. My interests include pretty much most of what this wonderful magazine is about. I enjoy an alternative lifestyle, I adore gardening as I spent many years in the horticulture industry. I trained in Melbourne, so moving to northern NSW has brought many different plants I will need to learn about. I have a fascination with solar energy and/or alternative energies, but don't know much about it, and one day would like a house that is environmentally friendly. If anyone knows about these things, I would be interested in your knowledge. I love cooking even though most of the time I enjoy a high percentage raw food diet. When cooking, my passion lies with vegetarian foods; I don't mind the challenges of vegan and sugar free. I would love to write to anyone interested in a recipe-swapping venture. I meditate regularly and have a strong connection with nature, hence my move to the country. I read often; books on personal growth, spirituality and the environment/gardening etc. I enjoy poetry and journal writing – I am not real good at it, although I totally enjoy it. I paint and draw and love doing craft things if I can use a large percentage of recycled materials and not use items that damage or affect our precious earth. Before I left Melbourne I did a couple of classes in Tai Chi and would seriously look at starting again. Anyone have ideas on the best form?

Overall, that's a few interests I have. I am in my thirties and reasonably fit. I enjoy bushwalking and camping and would be interested in bushwalking treks in the future and I will be travelling every opportunity I get.

I am currently living in town and would like to move a little bit further out to have vegie gardens and chooks – all the wonderful things most of us enjoy from rural living.

If anyone is interested in corresponding to form great 'letter friendships', please write and I'll respond. I will just finish with a saying I found a few years ago, some may have heard it. I don't know who said it, but I love it and try to find a place for it in my life, with great results:

*Work like you don't need the money,  
Love like you've never been hurt,  
Dance like there's nobody watching.*



Aaryn Capocasa,  
C/- 23 Tamarind Dr, BELLINGEN 2454.

Dear GRs,

To Cloud (GR146, Feedback) or anyone else thinking of **SETTING UP A COMMUNITY**: I recommend you buy *Eco-villages and Communities in Australia and New Zealand*, available from GEN Oceania/Asia Inc, 59 Crystal Waters, MS16, Maleny 4552. Cost \$14.95 and postage around \$5. It contains information on communities in Australia and NZ, including history and structure, energy sources, work, and lots of other useful information.

Julie Woodman,  
11 Urch Rd, ROLEYSTONE 6111.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld. ☺



# FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

I have finally been able to make the long-awaited move from suburbia to 13 acres of beautiful bush. Since I am new to the self-sufficient way I am hoping that GR readers can help me out with info on starting a vegie patch in soil that has clay. Where to get vegie seeds and how to grow them, and care for fruit trees because the property has a small orchard. Uses of a carob tree? As well as recipes for natural nontoxic skin products and where to purchase bulk raw ingredients. I have also acquired a white Arabian Bull Mastiff pup. Does anyone know about this breed and ways to naturally care for dogs, especially worming and feeding. I appreciate all the help I can get. Keep up the good work GR.

Dayna Stewart,

82 Arlunya Ave, CLOVERDALE 6105.

*'Natural Pet Care', by Pat Coleby will help you with your dog questions. See p82 for details of price and ordering. To grow vegies in clay soil, build up no-dig beds full of organic matter. See ads in GR for suppliers of open-pollinated seeds.*

Dear Karey Harrison & GRs,

Thank you for your enquiry which was passed on from GR. Palm oil is much grown in Thailand and Indonesia. In fact there is pretty much a glut at present with the price down. Evidently Thais are very interested in possibilities of biodiesel because they have invested so heavily in palm oil production. The trouble with palm oil is that tropical forests are being knocked down (eg fires in Indonesia) to make way for cash crops, one of which is palm oil. Oil palm is *Elaeis guineensis*. The fleshy fruit is steamed then pressed; the kernels are just pressed. The two oils are different, I don't know more.

My main point is that the oil extraction is pretty basic (boiling and pressing) and perhaps remote communities in Australia could grow their own, process it to **BIODIESEL** for use in community vehicles and in power generators. This would provide extra jobs. The problem is not the oil so much as the alcohol with which to cut it.

We looked at olives for our farm near Childers. We contacted a mill in Kingaroy who said that they could easily press our olives. Not convinced about yield figures, but olives tend to be expensive due to cost of harvesting. There appear to be substitutes: cotton seed oil, castor oil, even canola. They might have lower yield per area, but could be easier to farm.

I started to look at issues concerning the amount of oil (veg) produced in Australia when doing the article. I wanted to know how much oil was produced and what was the potential for increasing the crop. I did not want to cloud the biodiesel story with this extraneous detail as I had a different purpose in mind – to answer some basic questions, some of which had come up in letters in GR: What is it, has anyone actually used it, does the car need modification, can it be made at home, where would I get more details? I came to the conclusion that for Australia to use only biodiesel as a diesel source would be highly questionable. Could we grow enough? There are other possibilities on the horizon.



Phillip Richards,  
147 Andersons Rd, YANDINA 4561.

Ph: 07-5472-8242.

Email: prichards@iprimus.com.au

Dear GR Readers,

Clare Pekolj gave us 'how to cook SAUERKRAUT'. My recipe is a bit different. Most important, for better digestion you have to add caraway seeds. I leave out the garlic and the paprika. Cabbage likes oil, so I add also olive oil and cornstarch or arrowroot to bind it a bit. You don't need to cook it for long, 10 minutes will do, and served the next day it tastes even better.

Rosemary Krockner,  
45 High St, URUNGA 2455.

Dear Grass Root Families,

After reading 'Gumnut Gossip', GR146 re old GR issues, I thought maybe I'd better warn all 'throw-away folk' – you could be on someone's 'murder list'. My second son has survived by the skin of his nose on two occasions. He and wife had moved house. Markets were on Sunday morn – trash and treasure. Wife said 'There is a box of surplus in shed. Might be an idea to take it down and sell it.' Son happily obliged. Came back beaming. He had sold everything, and 'gee you should have seen the old ladies rushing the spoons'. 'What spoons?' said wife. Turns out son had taken wrong box. Said box contained new unused Tupperware, wife's granny's silverware, including the genuine apostle spoons. Son said 'I was selling them for five cents but when I saw they were popular I raised the price to ten cents.' He got close to being knocked off that day.

A few years later, same fellow was moving again. Daughter and I went down to help and during cuppa time she and I were discussing GR back issues. My son said 'Grass Roots! I threw a whole stack of them out when I cleaned out.' The look on our faces said it all. 'Gee, have I done it again?' he says. So that made three women who, with great restraint, decided not to strangle him. Could be a gene. There are hoarders – me – and throw-away merchants. A son of his came in one morning and said 'I put your rubbish bin out Nana!' He had never done that before. I raced out to the truck, but too late. The muncher was noisily crunching up hubby's wool suits, my tailored skirts and a small dinner set which I had not unpacked. That kid will need watching. Just like his father.



Mary Mathews,  
JARRAHDALE.

Dear GRs,

Symptoms of **POTASSIUM DEFICIENCY** are: starving hungry, depression, tiredness, and lack of nerve and brain power. Could not these also be the symptoms leading up to a lot of youth suicides? Might it be that their bodies are just lacking in a good old-fashioned mineral because of the way we now prepare our modern food?

Now, I could be wrong, but potassium is basically potash, and, as the name implies, ashes from the cooking pots. Potash is the magic ingredient for giving your home-grown tomatoes that deep red colour and beautiful taste. It might also be responsible for giving your roses that lovely perfume! See what I mean? As a little kid, I used to follow along behind my uncle with a jam jar, collecting big healthy earthworms as he dug over his vegie garden. Now, he always emptied the ashes from his kitchen stove onto his garden and the vegies were absolutely beautiful.

Perhaps it would be beneficial if we all relaxed around the campfire occasionally, put on the billy tea, put a few spuds and a damper in the ashes to cook slowly and treated our body and soul to good old-fashioned therapy at the same time. There are foods that have potassium in them. For those that can't escape from the city limits occasionally, I am told that olives are very high in the mineral, followed by beans and peas. This might be a healthier way to get potassium into the system.



Marj Connors,  
PO Box 945, TENNANT CREEK 0861.  
Ph/fax: 08-8962-2698.

*We love the idea of relaxing around the campfire, but must admit that ashy damper lacks appeal. There are many readily available potassium supplements that are more convenient to use, and safer, than wood ash.*

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published. ☘

# FEEDBACK LINK-UP FEEDBACK

**Dear Megg & Mary,**

My thanks to you for publishing my letter in GR142. I was hoping to get two or three letters, but had over three dozen! What a lot of wonderful, kind, caring people there are with similar interests to mine. I replied to nearly all of them, but it would be hard to keep up with everyone. My own extended family keep in touch, and visit when they can. People lead such busy lives, despite all their mod cons now.

My washing and rinsing is all done by hand – no washing machine or hot water system here, not even a shower recess. There is a huge bath though, with ball and claw feet, and I do have town water and electricity. I boil up kettles of hot water for the washing and washing up, and save the greywater for the gardens. They are coming along fine. The carrots and beans are finished, and I dug up some sweet potatoes today, so life is good.

Elsie Pye,

'Spindriff', TORBANLEA 4662.



**Dear GR Readers,**

I have recently moved to Tasmania and have discovered a few things people might not know. **CAR REGISTRATION IS MORE EXPENSIVE** than it is in Victoria. I have an old, small car and it cost me \$355 to register it here, compared with \$112 concession rate in Victoria. Without a concession I was told it would've cost me \$466.

**PROPERTY SETTLEMENT IS GENERALLY 30 DAYS.** Again, I can only compare it with Victoria where 60 – 90 is the norm. Had I known this, I would probably not have come over beforehand to lease a flat for six months, thinking it would take me that long to find a house and gain possession. Looking back, I think I would have bought something right away, instead of wasting time and energy (and money) looking for something to lease. Apart from a bond, agents in Hobart charge \$50 for you to get your own credit check done and you only get that back if you don't take the flat or house. When I pointed out that they hadn't done anything to get the credit check, I was told that the \$50 now went towards administration costs.

**PROPERTY PRICES HAVE ESCALATED** in the last year or two, but it's possible to get value for money. I've bought a house I would've paid another \$100,000 for in the Melbourne environs. People coming from Sydney would find it even cheaper.

Compared with Victoria, I think **RATES HERE ARE EXPENSIVE** and once you leave the cities very few places have town water or sewerage. Generally, roads are good, even unsealed ones. But this is still a little paradise and, no matter what your age (I'm 70), if you want to live here, now's the time to do it! Write to me with a stamp if you want to know anything not mentioned.

June Marsh,

14 Elise Dve, DODGES FERRY 7173



**Dear Readers,**

I recently wrote into the magazine to express my opinion regarding windmills. Within this letter, I mentioned that **RAPID RAIN** at Seven Hills in Sydney had recently closed. I have subsequently been informed that this is incorrect and that they are continuing to trade. I therefore advise that I wish to retract my comments as seen in *Grass Roots* magazine, number 146, for August/September 2001, and confirm that I have information to assert that Rapid Rain is still in business.

I trust this clarifies this matter to the readers of GR.

Brian Muston,

30 Hale Cresc, SOUTH WINDSOR 3181.

**Dear Grass Roots,**

Last February we moved to a six-acre property. We are really enjoying our new lifestyle, but have one problem that I hope somebody can advise us on. In July we lost our beloved Cocker Spaniel of seven years to a **PARALYSIS TICK**. Ever since we seem to have a plague of them. The kids have 10 animals which they love dearly, so I need a cure to the problem. I have been told geese eat ticks, but I wonder do they eat paralysis ticks? Also, what about ducks? Spraying for ticks? When I mention geese to people, everybody tells me how nasty they are. This worries me with four kids wanting to play outside. Last question: Has anybody had any success using **QUASSIA CHIPS FOR POSSUMS**? I would really appreciate any information on these topics.

Lea Bonkett,

200 Tinney Rd, UPPER CABOOLTURE 4510.



**Dear Megg,**

I am currently rebuilding a '63 **BEDFORD BUS** and will be travelling to the Atherton Tablelands by January '02. Hard to do on the sole parent's pittance but not impossible, with much bartering and lateral thinking keeping the grey matter ticking over. To date I have collected 4 x 75 watt BP solar panels at \$30 each (broken but usable when remounted and covered with perspex), 2 x 250 lt water tanks, wool insulation, gas fridge and stove. I've retested the gas tanks, (300 lt total), rebuilt the running gear (7.5 lt Ford V8/auto), and have nearly finished building a wind turbine utilising a 1200-millimetre wooden ultralight propeller and 55 amp Ford alternator, all pivoting on a tail shaft yoke (similar to a survivor wind turbine) and mounted on a five-metre tilt-up tower built onto the roof rack. The bus itself was cheap because a large gum branch had fallen on the roof causing much damage – since repaired and reinforced with steel tubing to carry the roof rack and turbine tower.

To EG Lewis who asked about a **COKE-CHARCOAL GAS BURNER**. The motors often gummed up with the residue produced. Kurt Johannsen overcame this in the 1940s when he first designed his wood gas producer, now on display at the Road Train Hall of Fame in the Northern Territory. Plans are available at \$50 per set from there or directly from Kurt at 3 Stephens Place, Morphettville, SA 5043, ph/fax: 08-8294-4981.

Tar or gum from the wood is converted into clear carbon monoxide and hydrogen gas, using 1 to 1.5 pounds of wood per mile (you can work out the metrics) depending on the size and weight of the vehicle. The engine will lose about 30 percent of its power, but I suspect that using an Impco-type LPG mixer to meter the wood gas will increase efficiency, I'll pass on the details when I get that far.

Kurt's wood gas producer is triple-skinned for safety reasons and awkward to build if you don't have access to engineering equipment. For a stationary motor you could probably build it out of bricks. Check out his plans and see what suits you; also check out the Rainbow Power Company at Nimbin, NSW. They put together an information pack of **METHANE DIGESTORS** for around \$12. A small plant would run a motor through a simple gas ring or spud fitting (after filtering any nasties out of the gas).

Can anyone give me a lead on an ex-army **ROTARY INVERTER**? It's a 12V motor attached to a 240V ac generator. I know they are not very efficient, but need a cost-effective method of running a small mig welder and power tools for short bursts.

Having completed Certificate IV in Renewable Energy and an advanced course on ecovillage/sustainable community design, I wish to visit as many communities as possible while travelling north next year. Would love to hear from you and don't mind bartering skills for our keep (myself and 12-year-old son). PS: Any recommendations on home schooling from year seven on?

Robert & Jordan Windt,

PO Box 71, GRANTVILLE 3984.

# FEEDBACK LINK-UP FEEDBACK

Dear Megg,

As there are quite a few letters asking for **ADVICE ON RAISING ANIMALS**, especially poultry, may I recommend a book written by a veterinarian called *The Complete Herbal Handbook for Farm and Stable*, by Juliette de Bairacli-Levy (1992). The treatments given are not complicated and really work. It is available from Green Harvest, ph: 1800-681-014, for \$26. It also has recipes on how to make cheese etc in the relevant sections.

The poultry advice includes putting a ticking clock in a brooder with young chickens, to simulate the hen's heartbeat. The chickens appear to 'buck up', especially game chickens when they are orphaned.

Interested in growing **CACTUS** that has **EDIBLE FRUIT**? These are named and discussed in *Permaculture Plants - Agaves and Cacti*, by Jeff Nugent - also available from Green Harvest. Jeff also advises of suppliers and societies in cactus growing in Australia and other countries. Fruit flies are not a problem with cactus fruit. Some taste like strawberries and can be eaten fresh or dried, made into jellies, jams and wines. The seeds can be used as flour, and the stem pulp for stock feed.

Florence Vorhauer,

19 Wilburtree St, TAMWORTH 2340.

Dear GRs,



Thanks for a great magazine, it gives us something to aspire to. My husband Ray and I enjoy the reading, information and advice. We are looking for our own spot and saving madly to get there. We hope to realise our dream by the end of next year.

I suffer from **CHRONIC PAIN** as a direct result of a trauma injury. I manage my pain mainly with naturopathic treatments, diet and exercise and I would like to correspond with someone in a similar position. I have also found I do not like a lot of noise, crowds or cities anymore. I would like as much information as I can get regarding publications about, or even tried and true methods of, labour saving ideas for the garden. I need ideas with as little manual labour as possible because I am restricted severely as to what I am able to do. Permaculture ideas are great, but it is the lifting, turning, shovelling etc I need help with. There have been great articles in GR covering a lot of this but any info will be gratefully received.

The thing is I will never get better and it is possible that my condition will only get worse. So far I have had a slight improvement brought about by changes in lifestyle and I would like to keep going as long as I can. We will be designing our block and house with all of these restrictions in mind. Weekly running costs need to be as cheap as possible. We will be looking at growing our own vegetables and having mainly native plants. We wish to be self-sufficient from all services if we can. We will be willing to trade our services for jobs we will be unable to do.

For people who have trouble with constipation, fluid retention, haemorrhoids, or who have to taken pain killers at any time that bind, dandelion works a treat. Taken in capsule form we found it works wonders. We have found that there is no discomfort when using dandelion.

To **REMOVE STUBBORN LICE**, nit eggs, use vinegar to rinse the hair with. This stings the eyes and you will need to condition the hair afterwards.

For **WOODEN FLOORS** sealed with Estapol-style products. Clean with a bucket of hot water, half cup vinegar and a few drops of eucalyptus or tea tree oil. Works well on lino but can make tiles slippery.

For the **REMOVAL OF CALCIUM** from appliances, shower rose or kettle, boil with water and bicarb soda, then wash. For removal of calcium from surfaces and taps use cooking salt. Make a paste and scrub.

Ray & Terry Campbell,  
2 Stanley St, MT ISA 4825.

Dear Mother Megg,

The **NEIGHBOUR FROM HELL** situation can become a problem. As I once read, if you cannot get on with your neighbours have a good look at yourself. There are always two sides to every argument. I make a habit of give and take and communicate. Also, when communicating take along a pumpkin or the loan of an unopened *Grass Roots*, a dozen eggs etc.

Roy Ruwoldt,

3 Mile, CROWS NEST 4355.

Dear GRs,

I'm always reading things in Feedback that I should reply to, but this issue I just had to! To Marina from Roselands: Try your library for Nerys Purchon's books, *Herbcraft* and *Bodycraft*, for easy, luxurious recipes for skin, hair, herbal remedies and much more. For Kylie from Canungra her book, *Foodcraft*, is full of yummy preserves and gorgeous gift ideas. To the Lavers from Forest Reefs: I'm sure if you wrote to Barry Goodman at Crystal Waters via Maleny he could help you with your generator. He is an absolute wiz about such matters and a very kind gentleman who graciously allowed us to tour his cleverly designed home when I did my PDC in '99. To Cloud from Kyogle: If someone from your co-operative is able to attend the Ecovillage Design course at Crystal Waters, I'm sure you would all benefit greatly from the experience of these folks who are living this dream so successfully.

To jax15: Sorry I can't reply to you on the net. My sincere condolences on the loss of your precious partner and admiration for your refusal of the **ANTIDEPRESSANTS**. Log on to: [www.freemeditation.com](http://www.freemeditation.com) for info on a simple meditation method which really works for people of any age, education or religion, and for details of recent trials at the Sydney Royal Women's Hospital of the effects of meditation on depression, migraine, asthma and menopause. I can personally testify to its effects on depression and hope it helps you to find some inner peace.

If anyone in Caboolture or nearby has a permaculture property (or backyard), or a productive organic property, and would welcome an occasional visit by a group of students please contact me. Many thanks to GR for a wonderful mag and to all the warm, open-hearted folks who share their knowledge and experience.

Carol Payne,

561 Bellmere Rd, CABOOLTURE 4510.

Good morning Girls,

A short note to say keep up the good work. What would we do without our nation's favourite magazine?

I'm so busy and happy on my farm I barely have time to write at all. I'm ashamed to say it took me 25 years of reading your magazine before I even wrote so much as a few lines.

My own daughter was born around the same time as Suni and I've rarely missed an issue of the magazine, so I was touched when I saw the recent photo of her crouched in her (to be) garden. She's lovely, and I pray she and her partner will have as great a time getting their little patch of the planet environmentally friendly as I have.



Alice DeMarco,

Farm 120, HANWOOD 2680.

Dear Grass Roots,

I've been a *Grass Roots* reader for 10 years and I enjoy this magazine very much. I was born a Cancerian, just turned 55 last July. I have a lump in my left breast and it was recently diagnosed as a benign mass **DUCTAL EPITHELIAL HYPERPLASIA**.

Being a Cancerian (worrier, of course) I've worried much and my health is deteriorating every day. If anyone out there can help me with a cure or give me any information on how to get rid of my lump, it would be appreciated.

Yolanda Grach (GR148),  
C/- PO Box 117, SEYMOUR 3661

# FEEDBACK LINK-UP FEEDBACK

## Dear Grass Roots,

I write in the hope that your readers can help us with several things:

Firstly, I have a strong desire to establish another **SEED-SAVERS NETWORK** for organic heritage/heirloom vegie, herb and fruit varieties particularly, and hope to spend my spare time towards this end. I would appreciate any information of possible value from readers re business considerations, useful contacts (other networks and suppliers – ideally smaller gardeners), import/export procedures – anything which may be of interest. As most readers are aware, the multinationals have changed everything re seed ownership, usage, patenting and genetic modification, without any consultation with the general public. We are all so busy in our lives that it has been allowed to happen. Our governments are powerless against these biggies. We must save these seeds from extinction.

Secondly, we have just arrived from NZ and are preparing a four by nine metre plot (maybe two!) at local community gardens and would appreciate any good organic vegie and herb seeds anyone can spare (small quantities only). Will send stamped, self-addressed envelopes to any such kind-hearted persons.

Lastly, my partner is hoping to use environment-friendly reusable sanitary pads, but finds that those producing such items charge quite a lot. Could readers send designs of their own making and materials that could be tried? She is very competent in making her own clothes.

Thank you for your magazine. I first came upon it some 10 years ago and believe it to have been partly to blame for my leaving the affluence here to spend five years in a materially poor part of New Zealand. The warmth of those I connected with there and the harsher simple lifestyle has made me a better person I believe. Book knowledge is one thing, but meeting with genuine loving persons without ulterior motives is infectious. We look forward to settling there in 2003. It's sad how many people in the city here have so much materially yet their hearts are often closed; it takes effort to connect to their inner beauty.

Alex Harbuz,  
49 Sellick Drive, CROYDON 3136.  
Email: aharbuz@hotmail.com



Hi Folks,

We have an old **SAME TRACTOR**. The only identifying marks are 'SAME – CONDOR 55' – 4 wheel drive? It's a 70s model. Would anyone have a manual that would assist us with servicing it, or know of the best place to obtain one? We have had no luck so far tracking one down. Willing to pay/costs refunded.

I would also like instructions to begin a **VINEGAR 'PLANT'** so that I can produce my own vinegar supplies.

Karen Welsh,  
296 Ferguson Rd, NORMAN PARK 4170.

## Dear Grass Roots,

We are solar consumers who are considering forming a **SUSTAINABLE ENERGY CONSUMERS SUPPORT GROUP** (we are not aware of any relevant group existing). We would like to hear from persons who would be interested in this idea. It would be a group which exchanged ideas and experiences etc. We look forward to corresponding with those who are interested.

Tina & David Morrison,  
PO Box 255, TATURA 3616.



The efficacy and/or safety of advice on these pages cannot be guaranteed. Readers are urged to take all common-sense precautions before undertaking any procedures that could possibly cause a safety risk to themselves or others. When in doubt, consult an expert. ☘

## Grass Roots Friends,

Well, I have not written for a long while, but celebrated my 80th birthday at the end of July! Nearly 30 years ago I lived on King Island and first came across *Grass Roots*, and have been hooked and a regular reader even since. My previous published letters led to me getting in touch with two lovely and very talented ladies – Pat Coleby and Marjorie Bligh in Devonport. These are the people we need in our life and on our planet. I do hope (wishful thinking) that our future generations, our grandkids, can live in a better world.

I'm 80 now, but I'm still happy I can help others (I'm a carer) and don't need help myself yet! I have survived many things – World War II, tuberculosis, hepatitis B, but I still have faith and the strength to carry on. I just had a skin cancer removed from my right hand, a squamous cell carcinoma. I did read about petty spurge or radium weed but could not find it in all my herbal books. Maybe some GR friends can fill me in. I would be very thankful!

I would like to hear from any kind soul who has an **IRREGULAR HEARTBEAT** and has got much better using natural medicine, **NOT DRUGS**. I know about hawthorn and mistletoe juice from Hilde Hemmes in South Australia. I've used it for a year and it has helped me very much. My attacks in the night have ceased, but still I have elevated blood pressure and many skipping heartbeats during the day!

Mrs Ruth Rosenau,  
PO Box 145, WONTHAGGI 3995.

## Dear People,

For anyone wishing to aid the **CONTROL OF THEIR BLOOD SUGAR** by diet: I find the best way to do this is by having every alternate meal a vegetable meal. These should be mainly root vegies, such as carrot, onion, parsnip, turnip and swedes, also cauliflower and red cabbage. These vegies contain just enough natural sugar to keep the blood sugar normal. That means the next normal meal you have is much easier to digest and the blood sugar will not fluctuate so much.

No salt is best but if salt must be used, use sea salt. The ordinary table salt has chemicals added.

C Ahne,  
3/4 Anne St, WODONGA 3690.  
Ph: 02-6056-2662

## Dear GR People,

The letter which prompted me to write was from Glenda in Mackay (GR146) about the **FOWLERS BOTTLING OUTFIT**. When my father died in 1999 I inherited his bottler, complete with many bottles. Having never done any bottling, though spending much time as a child watching my mother struggling with the model for the fuel stove and being dragged into helping take the skin off clingstone peaches after watching Dad defuzz them with caustic soda solution, I looked at the outfit, stuffed it in a cupboard and forgot about it. However, last summer, beguiled by a box of cheap cherries I gave it a try. Such a change! So easy.

Fowlers Vacola do have a new book out. Their address is: 20 – 25 Racecourse Rd, Flemington 3031. If you request a book it will cost about \$15, I think.

I also have a copy of the 13th edition 1937 book (Dad never threw anything away), so if there's anyone who'd like me to copy something from that one, please send SAE and I'll do my best to help. I'm on the susso now, as the old ditty goes, so can't afford too much photocopying and stamps.

A last request. As I went through my old copies I came upon the photo of **BEV POVAH** with Suni and the donkey, Jessica Jellybean, at Caniambo. When Bev moved to Wollar in NSW I lost touch with her and I'd like to reconnect. I am aware that Frank writes for *Australian Geographic* but would like to contact Bev directly. If anyone knows her whereabouts, I'd be pleased to know.

Heather Howard,  
PO Box 14, Bellarine Village, NEWCOMB 3219.



# FEEDBACK LINK-UP FEEDBACK

## Dear Grass Roots,

I haven't picked up a GR mag for a least 20 years. While browsing in an outback store in SA, out from the shelves popped GR number 146. I am pleased I have now become a subscriber. Is there anyone who would like to post or fax me any information about **MEAT HENS**. I need to know where to purchase, the best way to feed them, and also about breeding them.

I'm also interested in building a **SMOKE HOUSE**. Just a small simple design is what I'm after.

**Bronya Dineen,**

**PO Box 435, YULARA 0872.**

## Dear Grass Roots,

For Katrina, Penola, GR146: Your cry from the heart reached me so I offer the following advice. This time in your life is a steep learning curve. These tips helped me.

The children: Mine never fought unless they were within 50 feet of each other. As it's impossible to separate them, they had to fight outside. To encourage this, the deal was I'd tell them to desist, once. Then twice. If I had to say it three times they knew they'd get a smack. Rarely got to three. In all fairness one has to be consistent – say what you mean, mean what you say. Then there's the 'mothering hour' – roughly pre-evening – when you're totally available to hear their stuff and play with them. It's joy and fun.

The kitchen: If you have heavy work ahead of you, prepare the main meal beforehand. Then, when you're at the end of your energy tether, it's ready. I have a few recipes that I can do when I'm half unconscious (I do others when I'm on top of things): The Bread, The Cake, The Stew, The Lunch. A measure of gracious living can be achieved.

The house: Don't know where to start? Stand still and then do the job nearest to hand. It gets you started. I do my must-do-that-day jobs first, especially if they're my least favourite ones. When I reach a sticky point in the day, I have a glass of water. If you're interested in more, let me know.

**Bindu Prenter,**

**289 Herbert Park Rd, ARMIDALE 2350.**

## Dear Megg, Mary & All,

Having just read the latest issue of GR and seen several pleas for help I could answer, I thought I would do my best to have a go. In the Livestock Health and Management section, there is a request for **KEEPING HAWKS AWAY**. We had the same problem with crows and hawks. My little 'girls', eggs and chicks were disappearing. One day we watched a crow steal an egg, so we knew what the problem was. Because my husband is a keen fisherman, we had a few nets hanging around so we draped one right over the run. Early next morning we heard a terrible racket. A crow had been caught in the net and in its panic to get free it had become even more entangled. Since then, we have had no more problems, I think the word went round in the bird world.

To Cherie and Troy: Marjorie Bligh has written some excellent books on recycling. Unfortunately, I don't have her address, but she lives in the north of Tasmania and I'm sure the local library would be able to locate them.

For Mad Max: I have sent you some **RABBIT RECIPES**. My husband breeds rabbits for the table so I have lots of info. Hope you enjoy them.

**Betty Ford,**

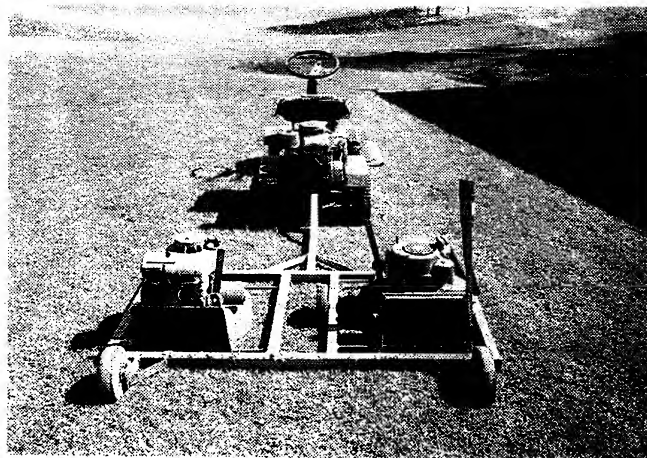
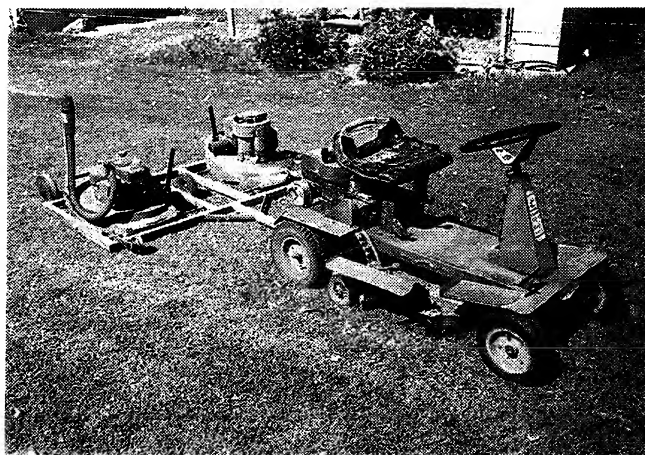
**85 Blackgate Rd, MOUNT SEYMOUR 7120.**

Health tips are printed for readers' information and interest. *Grass Roots* staff, and most Feedback writers, are not qualified to offer specific advice for the treatment of serious medical conditions. Readers are urged to always consult a qualified practitioner of the desired modality. ☸

## Dear Grass Roots,

Please find enclosed a photo of the **GRASS MOWERS** which I made. They work really well, cutting 1.4 metres at a time. The really good thing is that they cost very little to build. I was given both of the trailing mowers. Also, by dropping them off, I still have a ride-on mower for the smaller places.

I would like to thank all the kind people who phoned, faxed, emailed and wrote letters of advice regarding sprouting of grain to feed my 50 sheep. Your help was really appreciated.



**Bill Simms,**

**THANGOOL 4716.**

## Hello Everyone,

To all who contribute to GR, thank you for your wisdom! It's always an enjoyable and informative read from cover to cover. I am in the final stages of producing a **QUARTERLY NEWSLETTER**. It is for all earth-friendly parents and children, with practical tips and ideas on ways to teach our kids the wonder of nature while furthering skills in developmental areas. I aim to provide a network for parents who share nature with their children on all levels. If you'd like to contribute ideas on cheap and enjoyable play activities, eco-friendly craft, cooking, gardening – if it's nature based and fun for kids we'd love to hear your stories and suggestions! Brightest blessings to all, and I look forward to hearing from you!

**Donna-Lee,**

**PO Box 790, PARKES 2870.**

# FEEDBACK LINK-UP FEEDBACK

Dear Megg & Mary,

Regarding Roger's Garden (GR144), I have also bought **SILT LOAM**. Although it does not have much nutrient, it does have some advantages. When I first started gardening the idea of a no-dig garden appealed to me so I used silt loam for a no-dig garden. A combination of companion planting, plenty of fertiliser and a regular half-hour watering every second day in summer produced some pretty good results. My soil is on the dark clay side of a true loam. The amount of clay varies in different parts of the garden. Just because the area you live in is classified as 'clay' or 'sand', do not assume that your garden is clay or sand all the way through. In retrospect, I can only see an advantage in a no-dig garden if the soil is very poor, such as course light grey stuff.

If you have any area of ground that is dark but too hard to dig, try putting the water sprinkler on overnight. I did this in one area of the garden and it broke into nice dark crumbs with the use of a mattock and a rake. I now have some golden shallots coming along nicely, although the usual plethora of weeds has also come through.

In another area that had kikuyu grass growing, I dug up the clods of kikuyu and washed the soil into another area that had silt loam. This was hard yakka. I then put a sprinkle of gypsum and 100 mm of silt loam. This proved ideal for growing parsnips. I did the usual pop your finger in and covered the seeds with seed-raising mix. Because the seed-raising mix is a different colour, you can see where you have planted the seeds. Because silt loam has a different structure to normal soil, the seeds are held up at the top instead of falling into the lower parts of the soil and failing to germinate. The parsnip patch proved to be relatively weed free, although some of the rest of the batch of silt loam had that horrible nut grass in it. I have also had dill growing successfully on silt loam. The third, or is it fourth, self-seeding generation is now coming through. I have also grown tomatoes in normal black soil but lost a few through overwatering. So you can see there are advantages in using silt loam.

I had to pull down my side fence that was made from corrugated iron. The back fence was also corrugated iron but was okay. I had five spare pallets and a few star poles surplus so I built a garden cupboard. I only had to splash out for a few tek screws.

When I was a young lad people used to cover vegetation to be cleared with **BLACK PLASTIC SHEET** and a few bricks to hold it down. I know that the use of black plastic sheet as a mulch is now considered bad practice, but is there anything wrong in killing weeds in order to replant?

Alexander Cranford,  
PO Box 439, HAY 2711.

Dear Grass Roots,

It's difficult to know just how many **LETS** (Local Energy Trading Systems) are operating throughout Australia. I have managed to find a web site (<http://www.lets.org.au/>) which does list seven web sites, and nineteen LETSsystems, though five are 'unavailable'. As the blurb says, 'Project LETS list, an excellent self-maintaining resource, sadly neglected by most LETSsystems', and 'other LETSsystems are invited to join'. Alex of Brisbane LETS, which has a really fabulous web page, maintains the site. It is powered by [www.egroups.com](http://www.egroups.com). Even if LETSsystems are not computerised, there is bound to be someone in each group who has access to a computer who can add their group to the list by sending details to: Alex, phone 0500-800-589. Write to Alex, Brisbane LETS, PO Box 589, Fortitude Valley 4006, or email him at: [BrisLETS@yahoogroups.com](mailto:BrisLETS@yahoogroups.com). If the group bites the dust, don't forget to tell him to subtract it from the list. Some of the most spectacularly successful LETSsystems have shrivelled and some even died. One day a rooster, the next a feather duster!

P Ferguson,  
65 Cotterill Ave, WOONONA 2517.

Dear Grass Roots Readers,

I wish to make some enquiries regarding **GROWING PEANUTS**. Some years ago, while my husband was alive, we wrote to a reader of GR who had some peanuts available for growing. We only received six all up – these we got free! Now, I would like to try again, but have moved a little closer to the city. I must add, we had a very large crop from just six nuts still in their shells. They were delicious to eat. I would appreciate it very much if any readers could help me out with my request. Also, would any readers know anything about **GROWING CHESTNUTS**?

Bev Pope,

Unit 4, 14 Nankeri Crt, INGLE FARM 5098.

Dear GR Readers,

For several years I've been reading GR and other self-sufficiency magazines, and have always felt a mixture of jealousy and annoyance when I read letters from readers saying: 'Well, we've just bought our slice of paradise and although it's a lot of hard work we absolutely adore our . . . fabulous garden . . . marvellous air . . . golden sunsets . . . wonderful wildlife . . . gorgeous bushland . . . etc etc. I am a 33 year old single mother living in Melbourne's inner eastern suburbs, and because I am separated and my kids' dad, who they see three or more days a week, lives and works in Melbourne, I don't want to leave the city for another 12 years at least. So it was great to see in the last issue a couple of encouraging articles on self-sufficiency in the city, and lots of letters from city GR people doing the self-sufficiency thing in the burbs as best they can.

Greening the cities and making changes to the way people consume resources in urban settings is a tremendously important task for the future. I have my own organic garden, chooks and tank water arrangement working well, and have now turned my attention to the community. There is no doubt that the future of the world depends upon the children. With this in mind I am working to establish a permaculture garden at the primary school my children attend. A well-researched proposal will be presented at the next school council meeting. I would be very interested to hear from anyone who has information or stories to relate about **ORGANIC/PERMACULTURE GARDENS IN PRIMARY SCHOOLS**. I would also enjoy receiving emails or letters from any organic/permaculture-minded people in my local area who would like to correspond/meet.

Jennifer,

37 Adrian St, BENTLEIGH EAST 3165.

*Jennifer, you would probably also enjoy back copies of 'Greenhouse Living' magazine – it's especially relevant to people in your situation. Available from Grass Roots Publishing, PO Box 117, Seymour 3661.*

Dear Grass Roots,

Thanks for a wonderful mag, it has given us a lot of inspiration for our new venture of organic farming. We hope to have a bumper crop of fresh fruit and vegetables this year, which we're looking forward to. Our problem is that we openly admit we are not vegetarian cooks and have no idea of what great delights we can cook, bottle etc with our produce. We would really appreciate it if readers would share with us their **FAVOURITE RECIPES FOR THE VEGETABLES** they grow straight out of the garden and for things that are in season. There must be more things to do with carrots than steam them, for example.

Mary Evans,

292 Everton Lane, WHITE HILLS 7258.

Contributors and correspondents who want letters or articles returned are requested to include correct postage. ✉

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

After learning about GR on a TV lifestyle story, I borrowed it from the library. Enjoyed it so much I took out a subscription (the first I've ever taken out in my 42 years). I enjoy the Feedback letters as they give me ideas for my life and garden. I have a large **BEAN CROP** and, with a husband and three teenage sons to cook for, would appreciate any reader recipes for preparing beans. Also, if anyone would just like to write about their gardens, I'd love to hear from you.

I enjoy going on **TRAIN JOURNEYS** around this great land of Australia, to all points of interest especially garden shows or festivals. Often when I am working I hear the train going past and wish I was on board. I am hoping readers might write to tell me of some of their interesting train journeys.

Kathleen Allison,

30 Fernwood Drv, HOPPERS CROSSING 3029.

Dear Megg & GR Crew,

I have a complaint! I know you've heard it before, and I know you'll hear it again! We all want GR to be twice as big and to come out monthly. It's all your own fault for putting out a magazine that once opened can't be put down till it's finished – and then we have to wait another two months for the next hit.

It was interesting to read that you were 'blushing with embarrassment' about the advice to comb that spray through the 'chooks' feathers. You should have been more embarrassed by the statement in Julie Doyle's article ('A Native Garden – New Zealand Style') that the NZ kauri (*Agathis australis*) is related to the karri of WA. Not even remotely close! The WA karri is a eucalypt, *Agathis* is a conifer in the same family (*Araucariaceae*) as the Norfolk Island hoop and bunya pines. Another example of the dangers of 'common names' for plants.

I know you can't go through and check the facts in all the articles you publish – that one just stood out to me. As did a mistake in Gwen Leane's article, 'Arid Country Herbs', in the latest GR, where it said that 'evaporation' in the northern regions of SA is about 224 millimetres a year. I know she really meant rainfall, just the wrong word got in. Evaporation in these regions is in the order of 10 times the rainfall, that's what make them arid.

Sorry for being picky. I do love the magazine really. I just read it too quickly. Keep it up.

Robin Galbreath,

C/- PO Box 420, ELIZABETH 5112.

Dear Megg & staff,

Recently I saw two requests for the following information, so am sending details of where to obtain.

**BLACK CAST IRON KETTLES**, 2.5 litre, \$17.95, also Silverstone nonstick frypans, \$8, are obtainable from the following address: Murray Goulburn (Trading) Farm & Hardware Supplies, 47 Station St, Korumburra 3950, ph: 03-5655-1166.

To obtain **RESIN** ring 03-9882-2857 and explain your problem. Resin is used in varnishes and plastics and medicine and maybe it is difficult to get because of the latter. Perhaps it is a component of drug making and if so restriction is necessary.

Is there a GR person on land in or near my area? Someone I can contact by phone as I have one chook (laying) that I wish to give to someone who is a GR person. I will be 80 in March and am finding one dog and one cat enough, and most of the eggs I have to give away.

Shirl Williamson,

Modella Rd, LONGWARRY 3816.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published. ♻️

Dear Megg & Fellow GR Readers,

I'm only a fairly recent paid-up subscriber, courtesy of my husband, but I've been a long-time newsagent hunter around the time each new issue came out – plus I've exhausted the stock held by my local library. Stories like those of Heather Kozak (GR144) and Patricia Amundsen (GR145) – among so many others – are truly inspirational. However, reality suggests that I'll be a suburbanite for quite a few more years. Indeed, I suspect I'll wind up in a small town environment in later years. At the prices Heather was talking about for rate recovery auctions, we might even find a whole town! Anyway, I have a rather mixed bag of questions I'd like to toss into the GR 'pool' and see what comes back to me:

I'm currently living in the suburbs south-west of Sydney and wonder if there's anyone in the local area (Macarthur district or Liverpool generally) practising suburban permaculture. I'm making enquiries about a garden being operated by a local youth centre, but does anyone know of some smaller scale backyard operations? I've put my name down for a PC course through Ryde TAFE early next year, but in the meantime would be prepared to help out at someone else's home in return for some guidance.

The growing conditions at our place vary from dryish, exposed and generally sunny out front (in competition with two big *Eucalyptus citriodora*), facing roughly north-west, to a more sheltered and moister environment in the backyard. I do okay with things like camellias and wattles, but when it comes to food crops I'm still a little phobic – and I want things that will mix in with what I already have.

My efforts at composting range from wet slop to desiccated, most of which could only be interred as quickly as possible so as not to have the neighbours wondering what (or who) had died next door. Since I also work full time, I need a method that doesn't involve turning a pile faithfully every day of the week.

Can anyone recall a story about a house that looked like a Roman courtyard home? I'm not sure which publication I saw this in. All I can remember about this story was the photo of a very satisfied looking couple sitting in their plunge bath, which was located in the central courtyard of their home, it may have been on the front cover of that particular issue as well.

Has anyone used or heard of anyone using maca root to assist with PMT and peri-menopause? Also, the efficacy of coconut oil as an anti-viral agent? Unfortunately, a lot of what I've read about verges on 'snake oil merchant' genre. This is a serious enquiry and I'd like to hear from anyone who doesn't have a vested interest, good reports or bad will be welcomed.

Finally, can I give a little plug for a **GREAT WEBSITE** I came across recently? Not sure if I'm allowed to give URL details – I know some publications prefer not – so try typing this into your search engine: 'Re-earthing the Cities'. I've lost count of how many times I've looked at this site, yet I keep finding more information that I've missed before. It's a wonderfully engaging experience. Thanks to anyone who cares to respond. I promise next time will be shorter!!

Wendy Peddell,

14 Aubrey St, INGLEBURN 2565.



Dear Megg & Readers,

I read in GR146 that you were looking for a **SOURCE FOR RESIN**. My husband tells me resin is the dried sap of pine or fir trees. Go to the nearest pine forest and collect some sap that is running from the trees. On some pines it runs down the bark and collects at the base in big blobs. If you can't see any resin, damage the bark with the back of the axe and go back a few days later to collect the resin.

Kathy Palmer,

Hazelrig Station, TORRENS CREEK 4816.

# FEEDBACK LINK-UP FEEDBACK

**Dear Readers,**

Hi. I have been reading GR for about three years now and have never written in. I suppose that is because any problem I have ever had I found the solution somewhere in GR. I am 21. My boyfriend Andrew, 25, and I have been seeing each other for five years. I am four months pregnant and we are tired of renting and want a place of our own. We really would love some advice on the quickest, easiest and cheapest way of going about it. We have looked into kit-homes, the domestic shed-style homes, and mudbrick was another thought. We would like as green friendly as we can. Maybe someone knows of a company that has **ENVIRONMENTAL KIT HOMES**, such as using recycled wood. Any info on this topic would be a great help.

I would like Heather Kozak, who wrote the article 'Starting Early - Natural Baby Care Products', to write to me and let me know if the wipes can be made in advance and stored. Does anyone know of an oil or cream that helps prevent stretch marks?

Louise,

Unit 7, 1927 Gold Coast H/way, Burleigh Heads 4220.

**Dear Friends,**

I would be extremely grateful to hear from people living in the bush in tick-prone areas, or simply from people who have some experience of dealing with these insidious arachnids. I am particularly interested in hearing about **TICKS AND BABIES** or children. Our dream property has become somewhat of a nightmare for us as we have heard all sorts of frightening stories about small children and ticks. After seeing what happened to the canine member of our family, I'm a bit nervous about the possibility of my baby acquiring a tick and it going unnoticed. We have all been 'bitten' many times on each visit. I have had conflicting information regarding the potential dangers for small children, even from doctors. Does anyone know of a natural deterrent? I have been told about eucalyptus oil. Do any other readers use this? What about seasonal behaviour? They seem to be there in all seasons to some degree. Has anyone had an ill child due to tick poisoning? I was certainly not aware that ticks existed in such huge numbers as we have encountered and I find myself constantly wondering how people with small children cope in such situations (and they clearly do or else there would be mass migration of people out of the entire east coast of Australia!). I know about dogs, but what about other animals - chooks, goats etc? How are they affected? I need to speak to as many people as possible before we make the move onto our land on the mid north coast NSW. Thanks for a great magazine! What a wonderful source of information the readers provide. I am eternally grateful.



Tamsenne Grogan,  
PO Box 266, BELGRAVE 3160.

**Dear Grass Roots,**

I love your magazine so much it could come out every week and that would still not be enough. Regarding Eileen Carolan's letter about **RESIN** (GR146). My grandma and I were discussing how she used to make soap as a girl in Africa. She used to use resin in her soap which was the sap from pine trees, which goes quite hard. She would collect the sap and crush it into a fine powder. I hope this will help anyone who did not know where to get it.

Caroline Haas,  
HERVEY BAY 4655.

**Dear Readers,**

I would like to thank everybody who sent me buttons and recipes, also patterns. I am very grateful. The buttons I'm hoping to make a tourist display with some, and from the recipes a book. I was able to reply to most personally, but some didn't leave a return address but I think I received all that was sent.

Joan Coad,  
77 Tooley St, MARYBOROUGH 4650.

**Dear GR,**

I am an external student of Armidale Uni, studying a Bachelor of General Studies/Bachelor of Teaching degree. I am required once or twice a year to attend residential schools in Armidale. These residential schools usually last about four to five days. I was wondering if there might be some nice GR folk **IN OR AROUND ARMIDALE** who would welcome a student into their home for a few days. I don't particularly like staying on campus, and it is quite expensive, costing about \$300 for a small room plus 3 meals per day using shared bathroom facilities. I am on a low income and would struggle to afford this fee. I am quiet, clean and tidy, and would pay an agreed sum for the privilege of staying with you. Hope to hear from someone soon, my next residential school will be in around April 2002.

Lisa Cooper,

16 Lorna St, PELICAN 2281.

**Dear GR Readers,**

I am writing to get some **FEEDBACK ON COMMUNES** and the like. I am looking to set up a small property (approximately 40 acres) as a commune of sorts. If you have lived on a commune, or set one up yourself, I'd really appreciate any information or ideas you might have. Everything will be started from scratch so I will be looking for people willing and able to help me set it up with vegie gardens, stables, chook pens etc on a permaculture basis. Anyone interested please reply as I hope to do this in approximately 12 months, maybe quicker. Anybody with an unused 'investment' property etc that they would consider leasing in exchange for \$/produce/development please write to the address given. Naturalists, hippies, or native American Indian enthusiasts more than welcome.

Jayson Dodd,

PMB 1, RATHDOWNEY 4287.

**Dear Grass Roots Readers,**

I'm writing to GR Readers today to request any information, and stories of personal experience regarding: energy efficient building on a budget, being part of an ecovillage community, and sourcing recycled building supplies, especially in South Australia. My partner and I have recently started contract negotiations to buy land as part of a proposed ecovillage starting in Aldinga, South Australia. I am wanting to start up a dialogue with people who are also buying or considering purchasing land as part of the **ALDINGA ARTS ECOVILLAGE**. And again requesting any information from anyone in Australia who has taken steps towards a more conscious way of life.

Stefan,

2 Young St, GLENELG EAST 5045.

**Dear Mary & Readers,**

This is a sad and beware notice regarding a gardening problem. An apple tree by our front verandah suddenly suffered a severe attack of woolly aphids. The apple tree is over forty years old. On massive branches Loris had many hanging baskets, including one carrying an ugly geranium (greatly prized), also many potted plants scattered under the tree. We were advised to spray with Dipel, mixed according to directions. The tree received an intense spray. Normally we are not into using sprays. The woolly aphids were vanquished, at a price! With the exception of one woody plant, every potted plant hanging on or under the apple tree has perished, any grass touched by the spray is dead. We are waiting for signs of life in our apple tree. Will it blossom into life or is it firewood?

Ken Woods,

79 Blake St, SHOREHAM 3916.

**Dear GR,**

Would any readers have any **TATTING BOOKS**, patterns, shuttles etc that are no longer needed, for a disability pensioner lady? They are really hard to come by.

Helen Saler,

7 Heading St, WHYALLA STUART 5608.



# FEEDBACK LINK-UP FEEDBACK

**Dear Grass Roots,**

My wife and I emigrated to Australia from England in November 2000. Since that time we have travelled from Western Australia to our current destination – north Queensland. We are in pursuit of the right place to settle. We have both enjoyed reading *Grass Roots* magazine. It is a relief to find out that there are other like-minded people out there. We eagerly await each edition.

We are very interested in learning about permaculture and **ALTERNATIVE BUILDING METHODS**. We would like to find out where **COURSES ARE HELD IN NORTH QUEENSLAND**. Is there anyone out there who is starting or mid-way through building an alternative house, that may need a hand in exchange for experience?

I ran my own painting business for three years in the UK and have had 13 years in the painting/building trade. My wife is a registered nurse and has been practising for ten years. I am 33 and my wife is 29. We are hard-working, honest and happy people. Please drop us a line or call Russell and Abi. Our email address is: russabi@hotmail.com We look forward to hearing from like-minded people.

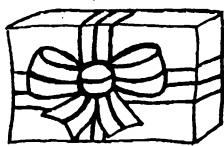
**Russell & Abi White,**

**C/- Townsville Main Post Office, NORTH QUEENSLAND.**

**Dear Team,**

Re Eileen Carolan's search for **RESIN FOR SOAP** making, GR146: I rang Eileen and suggested she try Spotlight craft stores. I think resin is called hardener and used to harden candles in candle making. I think this could be used in soap. I hope it's successful and she said she'd try asking at Spotlight to see if it was the right product.

Thanks to Don Burgess for the Painted Lady bean seed and Robert Winterburn for the Tongue lettuce seed. They are already sprouting, and Robert, the mustard lettuce is coming into seed and I'll see if I can collect some for you. Hope you got the Year Round lettuce seeds.



**Robyn Leah,**  
**61 8th St, WESTON 2326.**



**Hello Folks,**

A couple of maybe-helpfuls, and a couple of queries for the astonishing and wonderful Feedback pages.

**ANTS:** On trees – smear Vicks Vapour Rub around the trunk. (Thanks Peter Cundall.) Inside – honey and borax. (Thanks Neil Padbury.)

**HEAD LICE:** My friend who is one of the 'head lice managers' at her kids' school says the simplest solution of all is hair conditioner. Coat the hair thoroughly with conditioner, comb it into the usual style, and leave the conditioner on for several days. Apparently the eggs cannot attach to the coated hair and this breaks the cycle. Good luck!

Now – I've tried everything I can think of to stop my chooks from **EGG EATING**. Next step – chicken soup. But I'll bet there are lots of things I haven't thought of.

And – does anyone know of communities similar to Kookaburra Village, close to Melbourne? Just because we can do less physically as we age, it doesn't mean we give up our 'grassroots values' of care for the earth and each other. My husband and I long to see retirement units integrated as part of whole communities – Kookaburra-style – spring up all around Australia. Not Utopia, of course, but much more like life as it is meant to be.

Thanks for the friendliness, inspiration and sharing of knowledge that GR always brings.

**Rachael Hampton,**  
**C/- PO KIEWA 3691.**

**Dear Megg & Mary & Sue,**

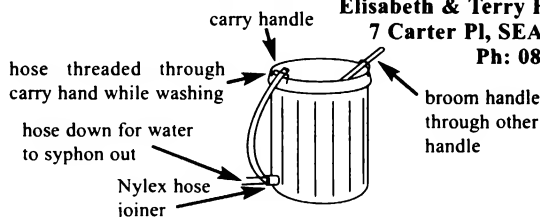
Hello. I thought I would write to you – after speaking with Sue – to let you know about my beaut '**WASHING MACHINE**'. I bought a large rubbish bin (plastic) and asked my husband to drill a hole on the side, at the bottom, so that a hose could be attached.

He bought a Nylex plastic hose joiner and a tube of silicon sealer, and cut off about three metres from our garden hose. He measured the joiner and drilled the hole, then siliconed it all in place.

Leaving it overnight, I then three-quarters filled the bin with water, washing detergent and clothes. The hose meanwhile was pulled up through one of the handles.

I then placed a broom handle through the other handle and began to 'row'. After 'rowing' for 5 – 10 minutes I then pulled the hose down and let the water run out before wringing the clothes. (If you have more washing, of course you don't empty it right away.) At the time I used to only have one bin to wash and rinse with, but now have two – a lot easier. The rinse bin has the same hose attachment. These are wonderful if caravanning or camping and I would even do it at home except for one huge problem, my husband and I both have CFS and wringing the clothes can get very tiring. So if anyone has a **MANUAL MANGLE** – a clothes wringer such as on a Pope washing machine – I would dearly love to have it. It not, any ideas how to make one. Thank you. Please keep up the good work as your magazine is a real inspiration.

**Elisabeth & Terry Hawthorne,**  
**7 Carter Pl, SEATON 5023.**  
**Ph: 08-8268-4205**



**Dear GR,**

After reading your ECO News (GR146) about **HOUSEHOLDS CREATING GREENHOUSE GASES**, I thought I should point out an environmentally friendly alternative for power consumption. Many states and territories offer the public a choice between the burning of fossil fuels and using green energy. Here in the ACT residents can opt to use a program called Green Choice. The price is higher (approximately \$2.50 per week), but the savings are environmental. The amount of power the householder consumes will be purchased from sources such as Wind Power in NSW, Hydropower from Victoria, Methane Gas Burners from the local tips, and Solar Power from the Olympic Village. As three of these sources are from interstate, I assume green energy is also available for residents in Victoria and NSW. I have also heard that the majority of Tasmania's electricity supply is produced by hydropower. Also, some electricity companies are willing to purchase any excess electricity that you might produce yourself, such as wind power or solar power. This power has to be linked to the power lines and will be generated into the major grid for the public to use.

If any average household chooses to use a green energy source, they will be saving over seven tonnes of carbon dioxide from going into the atmosphere each year. This is the equivalent of not driving the family car for a year. So whatever your situation, if you produce your own electricity, or purchase your source from an electricity company, it could be worthwhile contacting the electricity authority in your area to see if they can offer you greener solutions.

**S Immonen,**  
**PO Box 5, ERINDALE 2905.**

Contributors and correspondents who want letters or articles returned are requested to include correct postage. ✉



# CHRISTMAS TREATS

## Special Dietary Needs



by Robyn Leah, Uleston, NSW.

Many people, especially families with young children, prefer to avoid adding sugar to their diet. This can cause difficulties on festive occasions when others are enjoying the traditional sweet fare. The recipes for steamed pudding and boiled fruit cake might be just what you need for a sweet treat with no added sugar.

The shortbread and cheesecake recipes included here are great whether or not you eat gluten and wheat products, or you could experiment with dairy-free shortenings for a healthy alternative.

### SUGAR-FREE FRUIT CAKE

- 125 g plain wholemeal flour
- $\frac{1}{4}$  tsp baking powder
- $1\frac{1}{4}$  tsp allspice
- $1\frac{1}{4}$  tsp ground nutmeg
- 1 cup butter
- 6 cups mixed dried fruits of your choice
- 3 eggs
- $1\frac{1}{4}$  cups heavy beer or stout (or orange juice is an option)

Sift dry ingredients into a large bowl. Cut butter into cubes and combine flour mix using fingertips until mixture resembles breadcrumbs. Add all the fruit. Make a well in the centre. Beat eggs and beer together and pour into centre of mix. With the blade of a knife gently combine ingredients into a soft batter. Grease and line a 23 cm cake tin and pour cake mix into the tin. Bake in a preheated oven at 160° C for 2 hours. Reduce heat to 135° C after the first hour if cake is cooking too quickly.

### SUGAR-FREE STEAMED PUDDING

- $\frac{1}{2}$  kg mixed dried fruit
- 1 cup seedless raisins
- 1 cup dried apricots, chopped
- 1 cup pitted prunes
- $\frac{1}{2}$  cup blanched shredded almonds
- 3 cups fresh wholemeal breadcrumbs
- 2 eggs

- $\frac{2}{3}$  cup brandy or stout (or orange juice option)

- $\frac{2}{3}$  cup butter
- $1\frac{1}{2}$  cups plain wholemeal flour
- $\frac{1}{2}$  tsp ground nutmeg
- $\frac{3}{4}$  tsp cinnamon
- $\frac{1}{4}$  tsp salt
- 1 grated carrot
- 1 grated cooking apple

Chop fruit finely. Add to all the other ingredients in a large bowl. Mix well. Grease 2 x 1 lt pudding bowls and divide mixture into these. Cover with greased wax paper and top with foil, tie securely. Stand bowl on upturned saucer in a saucepan filled with enough boiling water to come two-thirds of the way up the pudding bowl. Put lid on and boil gently for 4 – 5 hours, topping up the water as needed.

### SHORTBREAD TREATS

- 125 g butter
- 2 tbsp castor sugar
- 1 tsp vanilla essence
- 100 g potato flour
- 60 g arrowroot
- 125 g ground almonds

Cream butter and sugar, add vanilla essence and combine the mixture so it is light and fluffy. Mix potato flour and arrowroot and add to butter mixture. Stir in ground almonds. Form mixture into a roll, about 2.5 – 3 cm in diameter. Place in the fridge, wrapped in greaseproof paper, for about an hour. Preheat the oven to 150° C. Cut the roll into 1 cm slices and place on ungreased baking sheet. Bake for 30 – 40 minutes, until lightly browned. Place on a rack to cool. If desired, dust with icing sugar before serving.

### LEMON CHEESECAKE

- 5 g gelatine
- 120 g honey
- 1 large egg
- 8 tbsp skim milk
- 3 tsp grated lemon rind
- 250 g dry low-fat cottage cheese

- 125 g low-fat yoghurt
- $\frac{1}{2}$  tsp lemon essence
- 30 g skim milk powder
- 4 tbsp iced water
- 2 tbsp lemon juice
- $\frac{1}{2}$  tbsp sugar
- $\frac{1}{2}$  cup plus, toasted coconut

This is a light cheesecake – ideal to follow a big Christmas meal. Mix gelatine, honey, egg yolk and skim milk. Cook over double boiler till the gelatine has dissolved and the mixture thickened, about 5 minutes. Add lemon rind and allow to cool. Chill mixing bowl and beater in fridge. Blend cottage cheese, yoghurt and lemon essence in processor till smooth. Stir in gelatine mixture and chill. Add iced water and milk powder to prechilled bowl, beat till thickened. Add lemon juice and continue to beat until mixture resembles whipped cream. Fold into chilled cheese mixture. Beat egg white and add sugar. Beat till peaks form and fold into cheese mixture. Sprinkle toasted coconut over base of serving dish and turn mixture into dish. Sprinkle with more coconut and chill until firm, 2 – 3 hours. ❁



### ❁ CHEESE & YOGHURT ❁

Learn to make your own at our Home Cheesemaking workshops! We supply cheese & yoghurt starter cultures including acidophilus & bifidus, rennet, mould spores, cheesewax, cheesecloth, thermometers, cheese baskets, & Australia's top-selling Home Cheesemaking book. Mail orders serving Australia.

#### CHEESELINKS

PO Box 146, Little River, Vic. 3211  
Ph: 03-5283-1396 Fax: 03-5283-1096  
Email: [cheesemaster@cheeselinks.com.au](mailto:cheesemaster@cheeselinks.com.au)  
[www.cheeselinks.com.au](http://www.cheeselinks.com.au)  
15 Minns Rd, Little River 3211.

# Sign Language For Babies

by Carolyn Crichton, Canada.

**A Canadian family's experience of communicating with a very young child could help many GR families through what can be a difficult prevocalising stage, turning frustrated screamers into smiling signers.**

My daughter Morgan taught her year-old baby girl signing, and it has been very useful and fun. I asked Morgan exactly how she did it. She said the main sign she taught Sage was 'more'. After that Sage started making them up on her own, with only encouragement from Morgan.

'More' or 'again' is signed by putting your fingers and thumb of each hand together and then touching hands together so fingertips of both hands come together and sort of bounce off a few times. Morgan said she did this for a couple of days every time she asked Sage if she wanted more food, another story, or another time down the baby slide etc.

I was helping feed Sage one night when she put down her spoon and made the fingertip sign. I said, 'Morgan, Sage is doing the strangest thing. What does it mean?' She said, 'I don't believe it! She's telling you she wants more food.' Sage continues to do this at the appropriate times.

The next sign she started doing was 'hungry', which is putting her hand back and forth to her mouth and smacking her lips. She now often points to her highchair and signs 'hungry'. Morgan isn't sure whether she taught her the 'hungry' sign or if Sage made it up.

It seems as though once the miracle of 'more' happened, Sage realised she could be understood by her actions and started making things up. She points to the hook where the jolly jumper goes (only when in use) and bounces up and down. She points to her bottom and waves her hand to indicate 'stinky' (which Morgan had inadvertently taught her), so now she gets changed right away. When she wants to go outside, she makes a shivery sign because most of her memory has been winter, and Mom shivered as she dressed her to go out. She does this, though, even on a hot day, which is pretty funny.



Teaching baby some simple signs is fun and can simplify parenting. This little sweetie is the latest addition to a proud ex-GR staff member's family.

Morgan has now realised she has to be careful what she signs, because Sage is paying attention to everything. She tried to teach her 'water' by tipping thumb to mouth, and Sage has translated it to patting her mouth and making a noise that sounds like 'wawa'. It works perfectly. She gets her cup of water in the house, and outside she does it when she passes any little stream, which means she relates the cup and the stream.

We all tell her how smart she is every time she signs something we understand. She loves the praise and getting her message across and generally getting what she wants.

'More' is so great because it really cuts down on the screaming. For example, if babies push away their food, you might think they are not hungry, but they might just not want that particular food. After you remove the undesired food, you can ask, 'Do you want to get down or do you want more food?' The little fingers go together, and you know to search out some other food. Also, when tickling babies, you don't want to overdo that, but if she signs 'more', you know a little more is okay.

One night I was running down the road with her stroller and slowed, not sure if she liked the fast bumpy ride. Sure enough, fingers touch back and forth, giving me the message to keep running. This seems to be a marvellous communication with a now 16-month-old baby.

Reprinted from *The Smallholder*, No 93, Summer 2000. *The Smallholder* is published quarterly. For details contact: The Smallholder Publishing Collective, Argenta, BC, Canada VOG IBO. ♻

**Chemical Free**  
**eco-ball™ SUPER CHARGED**  
**LAUNDRY BALLS**  
**SAVE MONEY**  
**SAVE WATER**  
Replaces all soaps and detergents in your washing machine - no need to rinse  
Environmentally friendly  
Hypoallergenic & antibacterial  
No harsh detergents or chemicals to pollute our waterways  
For free leaflet or to order contact -  
**Safe Eco Products - PO Box 1350**  
**Pearcedale VIC 3912**  
**Ph/Fax: 03-5978-5024**  
**Email: safeecoproducts@bigpond.com**  
Pearcedale Road, Pearcedale 3912



This page is all about colour so begin by colouring it in any way that you like! Colours are wild and wonderful, but what are they exactly and what makes something the kind of colour it is? The colour of anything depends on what is happening when light, which is made up of many colours, hits it. Things absorb some of the colours in light and reflect others. The colours you see are the colours reflected by the object. For example, a green leaf absorbs all the colours of light except green so green is the colour you see. There are three primary colours or hues - red, yellow and blue - and all other colours are mixtures of these. The strength of a colour (its brightness) and the pureness of a colour (its saturation) also make variations.



## Rainbows



Rainbows are spectacularly colourful light shows. They are sunlight spread out into the spectrum of colours light is made up of and then diverted to the eye of the person looking at it by droplets of water (that's why rainbows are seen after rain). Rainbows are made up of seven main colours - red at the top, then orange, yellow, green, blue, indigo and violet. To help remember that colour order think of this man's name: Roy G Biv.

## A Book Of Colour



Make your own book of colour by stapling together a number of pages and giving each page a colour title. You can just do pages of the primary colours - red, yellow, blue - or add pages for the secondary colour mixes - orange, green, purple - or you could add more specific colour variations such as navy blue, mustard yellow, lime green . . . Then go through old magazines and find and cut out things of those colours. Stick them on appropriate pages.



## Colours and Moods

Colours commonly represent certain states of mind and so some people believe having certain colours around can affect people's moods and behaviour. If you want to increase your level of any of the moods or behaviours listed below, try putting more of the corresponding colour in your surroundings, the clothes you wear etc.

- ★ Vitality and power - Red
- ★ Mental stimulation - Yellow
- ★ Harmony and balance - Green
- ★ Truth and serenity - Blue
- ★ Spirituality - Purple
- ★ Purity - White

Answers: camel, slate, navy, lemon.

Wait! No Paint!



## BOOK REVIEW Wait! No Paint!

by Bruce Whatley

This book is a really fun variation on the classic Three Little Pigs story in which the illustrator interrupts and influences the way the story goes. What will happen when he runs out of red paint and they need it to have a fire to keep the wolf out of the chimney. . . ?! Nicely suggests the concept of 'anything is possible' in the process of creation. H/B, HarperCollins, PO Box 321 Pymble 2073.

## Guess the Colours



- What colour is also a large hump-backed mammal?
- What colour is also something upon which school kids used to write?
- What colour is also a part of a country's defence forces?
- What colour is also a defective automobile?

## Colour Word Search

Find the following twelve words about colour: yellow, green, saturation, violet, hue, rainbow, red, orange, indigo, brightness, blue, primary.

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| N | E | E | R | G | A | B | M | B | T | A | T |
| H | A | Y | B | R | O | I | L | V | S | P | E |
| U | S | E | S | B | E | E | C | U | M | R | L |
| E | P | L | V | K | L | D | J | S | E | I | O |
| O | L | L | O | R | A | N | G | E | I | M | I |
| B | W | O | B | N | I | A | R | P | O | A | V |
| M | K | W | P | I | N | D | I | G | O | R | M |
| S | A | T | U | R | A | T | I | O | N | Y | T |
| P | S | B | R | I | G | H | T | N | E | S | S |
| R | O | M | S | T | L | P | X | Y | J | A | R |

# IN THE KITCHEN

The festive season is the busiest time of year for many of us. We are expected (or expect ourselves) to make time in our busy lives to prepare special meals for friends and family. Luckily for those of us with gardens, it is also the most prolific time of year for many herbs. What easier, or tastier, way to dress up even the most mundane dish? Use these simply delicious suggestions for inspiration to achieve culinary heights in your kitchen. Have a herby Christmas!

Feel free to substitute ingredients, to use herbs you have available or those your family enjoys, to combine unusual tastes and textures; in other words, to be creative. As long as herb flavours are not overpowering you can't go far wrong. With a few staples in the pantry and fridge and herbs in the garden, you are prepared for last-minute catering, without the stress.

## SNACKS AND STARTERS

### Taste-Tingling Melon Balls

Use a melon baller to make melon balls from any of the juicy melons available. A mixture of melons looks and tastes great. Serve in a crisp lettuce cup with your favourite dressing enhanced by chopped mint, lemon balm, lemon grass or grated fresh ginger.

### Nutty Peach or Pear

Arrange a halved peach or pear on crisp lettuce, cut side up. Top with a dressing of yoghurt or cottage cheese, sprinkle with chopped walnuts or pecans. Herbs such as chives, peppermint, basil or pot marigold petals can be stirred into the dressing or sprinkled over the top.

### Aromatic Herb Breads

Use your favourite traditional loaf, flat bread, or a plaited stick. Incorporate herbs in the dough or sprinkle over the top towards the end of the cooking time. Baked flat bread can be brushed with olive oil, sprinkled with chopped herbs and reheated before serving. Very thin flat bread can be left in a hot oven for long enough to become crisp (only takes about five minutes), then, once cool, broken up and used with dips as a substitute for potato crisps. Herbs to use include parsley, chives, basil, rosemary, garlic, marjoram.

### Cheesy Bites

Use a firm cream cheese. Beat in your favourite combination of finely chopped herbs. Roll into bite-sized balls and roll these in crushed nuts.



### Green Veggie Starter or Side Dish

Use asparagus or green beans for this simple dish. Cook lightly so the vegetable is still crisp. Serve sprinkled with pine nuts and chopped herbs.

## MAIN MEAL DISHES

### Barbecued Veggies

Barbecue sliced eggplant, zucchini, sweet potato, pumpkin or potato, brushing with olive oil and chopped herbs.

### Herby Jacket Potatoes

Brush potatoes with olive oil, insert two or three rosemary sprigs in the flesh of each. Bake in the oven or covered barbecue.

### Colourful Veggie Platter

Arrange a colourful array of sliced fresh raw veggies on a platter. Sprinkle with herb salsa made from a mixture of parsley, mint, basil and chives pounded in a mortar and pestle with just enough olive oil or vinaigrette dressing to moisten. Alternatively, arrange veggies on an oven-proof tray, sprinkle with the herb salsa and bake in a moderate oven or covered barbecue till veggies are just tender. Serve with herb bread.

### Rice or Pasta Delish

Cook required amount of brown rice or favourite pasta. Stir through herb salsa (above), chopped avocado, pine nuts or sunflower seeds. Add extra olive oil or dressing if more moisture is needed.

### Vego Pasta

Cook required amount of pasta. While pasta is cooking, stir-fry a variety of summer veggies, including two or three large tomatoes for moisture. Towards end of cooking time, add chopped parsley, mint or basil. Stir all through cooked, drained pasta. For a stronger tomato flavour add a small amount of tomato paste.

## SALADS

### Zesty Dressings

Avoid tired old mayo and bought bottled products containing unwanted ingredients. Add chopped herbs to your favourite dressing. Experiment with different wine or balsamic vinegars in cold-pressed olive oil. Combine yoghurt with lemon or orange juice.

### Crunchy Surprise Mesclun Mixture

To a crisp mesclun mixture add grapes, pine nuts, sunflower seeds and lemon thyme leaves, chopped fresh basil or French sorrel. Toss in balsamic vinaigrette dressing. Top with crumbled parmesan cheese if desired.

### Cucumber and Radish Sensation

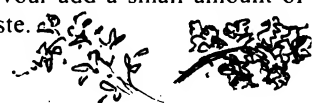
Try this unusual combination. The cool crispness of the cucumber perfectly complements the bite of the radish. Dice or slice both veggies. Make a yoghurt dressing with dill leaves or chopped mint added and stir through veggies. Garnish with a sprig of mint or dill.

## DESSERTS

To transform an ordinary dessert, add rose petals, borage flowers or lemon grass to a fruit salad; or, rose petals, apple mint, peppermint or lemon grass to a fruit parfait.

## TO DRINK

For a perfectly refreshing punch, combine apple or pear juice, a punnet of crushed strawberries and one of mixed whole or halved berries or cherries. Add red rose petals and chopped mint.





# Marvellous Maremmas

by Helen Brenner, Loominya Qld.

Our introduction to the need for livestock guardian dogs was sudden and traumatic both for us and our livestock. The morning visit to the back paddock presented us with the sight of dead and dying Cashmere goats. All the kids had been bitten, two had disappeared, and several wethers were lying dead. Thus began a period of sleepless nights and a somewhat paranoid view of life.

Sleeping in the paddock with a gun failed to achieve anything positive. Eventually the dingoes became so bold that our Wiltshire Horn ewes were attacked in the paddock directly behind the house. Two were killed and many of the others were badly bitten.

## INTRODUCTION TO MAREMMAS

My husband Denis had seen Maremma sheepdogs when in Victoria collecting our first ewes. Several phone calls later, we had tracked down two seven-month-old Maremma dogs that were born in a paddock with goats. Oscar and Lucinda arrived in April 1998 and our lives have never been the same.

We were totally ignorant of how to train the dogs and were amazed when Oscar in particular introduced himself to the goats without causing any upheavals. Lucinda, having been used to goats (and thanks to our ignorance), had a far more traumatic first few months. She did not want to have anything to do with sheep and we would find her in the corner of the goats' paddock. After the birth of the first lambs Lucinda came into her own and now excels in lamb guarding. We have not lost a lamb or a kid since our dogs arrived.

Over the years I have been lucky to have met many experienced Maremma owners and have benefited from their wisdom. It is important for the new Maremma owner to establish a good working relationship with a person who can assist with any problems which may be encountered. I have found the Maremma sheepdog group on Yahoo an excellent source of information and assistance.

We now have seven Maremma sheepdogs working 90 acres in pairs.

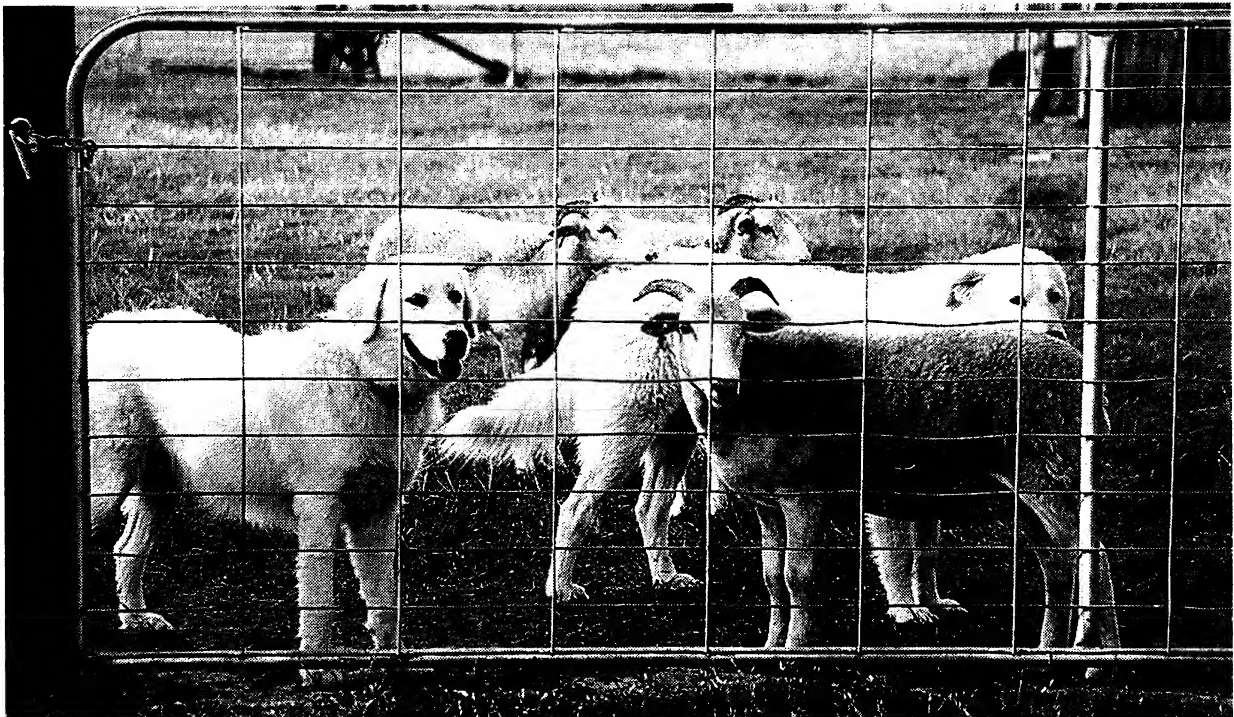
Oscar and Lucinda, Dennys Dog and Guinness McGuinness, both sons of Margali, and the latest two rescuees, Casper and Angelina. Over the three years that we have shared our farm with Maremmas we have learned a great deal about these incredibly intelligent dogs.

## KNOW THE DOG'S ROLE

Most importantly, it is vital to be clear in your mind what you want of your dog: full-time livestock guardian, or guardian of home and family pet? Each role is equally valid. Most pups are ready to start their new lives at about eight weeks of age. However, if your pup is to be a full-time guardian, it must be bonded with its livestock. The ideal age is about 12 weeks, as at this age the pup is big enough to cope with some physical contact with its soon-to-be charges.

## BONDING AND TRAINING

A young pup should be placed in a pup-proof yard with young stock for about a week. Remember that the young pup is



Begin to bond your Maremma with the stock when it is about 12 weeks old. Take time for socialising and training the dog.

vulnerable and make sure it has an area it can retreat to for safety and to eat its food in peace without it being eaten by its companions.

After about a week to ten days allow the pup and its companions into a larger area (a small holding paddock is ideal). Continue close supervision at this stage. It is also advisable to allow all the animals your pup will be guarding to be introduced several at a time.

Always take the time to socialise with your pup. Feeding time is a good time to train your pup to lead and to be handled. This training is necessary because your Maremma will at times need veterinary treatment such as vaccinations. There are many tales of owners being unable to do anything with their working Maremmas and this is solely due to a lack of time spent training. After a few weeks the group may be moved into a larger area or the pup put with a larger flock. I strongly recommend that prior to buying your pup you contact Jan Maller (07-3818-1524) for his excellent articles on introducing your Maremma to live-stock. Plan your introductions carefully so that the bonding process is smooth and painless for all concerned.

#### **Pet/Show Training**

The pet/show dog requires continual exposure to strangers, continual socialisation, and training away from home. Take the dog out frequently. Allow it to meet many different people, animals and situations and to see these as usual occurrences in life. The more experiences your dog has, the more calmly it will accept new situations.

#### **OLDER DOGS**

Your Maremma can work happily for many years. As a dog ages and perhaps



Your Maremma pup will astonish you with how quickly it learns, but remember, young pups are vulnerable and need supervision.

slows down with arthritis, introduce a younger dog for the heavy duty work and allow the older dog the easier duties. Maremmas live for about 12 years.

#### **DESEXING**

Desexing your Maremma will not affect his/her ability and in fact can remove any distractions associated with breeding. I pen my bitch at night while she is in season and allow her to be in a small yard with her sheep during the day. She is kept on an overhead wire run at this time to ensure she does not dig or jump our for romantic assignments.

#### **FEEDING REQUIREMENTS**

For a large dog the Maremma has a relatively small appetite. Your dog requires a normal well-balanced diet. I have noticed a distinct preference for chicken with all my dogs!

#### **DISCIPLINE**

Disciplining your Maremma can often prove difficult. Inappropriate behaviour such as playing with its stock must be discouraged. In these situations I have found that making a very loud noise (such as bashing polypipe on the ground, shaking a metal tin filled with stones, blowing a referee's whistle etc) works well to attract your dog's attention. Hitting the dog is to be avoided.

#### **URBAN MAREMMAS**

It is important to remember that the Maremma forms an extremely strong bond with its family and takes its 'job' as guardian very seriously. If left alone in urban settings, barking may become a serious problem as it is by barking that the Maremma advertises its presence and warns away predators and trespassers.

Penning your Maremma for periods that you are absent is a successful method of avoiding the barking problem, however, that is not to say that it is in any way acceptable for the dog to be confined continually for long periods. If the entire family spends long periods away from the home, I would strongly suggest that a Maremma is not for you.

#### **AN AMAZING DOG**

In summary, I would say that the Maremma Abbruzzi sheepdog is an amazing dog that will constantly astonish you with its intelligence and ability to solve problems, along with a seemingly inexhaustible supply of love and devotion.

As I complete this article I look out the window at my ewes with lambs at foot under the watchful eyes of their guardians.

Other articles about Maremmas can be found in GR 145, 146 and 147. ♀

★★★★★★★★★★★★★★★★★★★★★

★ PAWS IN PRINT ★  
★ BOOKSTORE ★

★ *specialising in books on* ★  
★ DOGS, GOATS, LLAMAS, POULTRY, ★  
★ RABBITS, HERBS, AND MORE. ★

★ For a mail order catalogue ★  
★ send 2x45c stamps to ★  
★ PO Box 3168, Wheelers Hill, 3150 ★  
★ Ph: 03-9795-9158 or 03-9580-7441 ★  
★ www.pawsinprint.com.au ★  
★ Brookland Crt, Mulgrave 3170 ★

★★★★★★★★★★★★★★★★★★★★★

# KEEPING OUT THE BIRDS

by Andrew Zylinski, Newham Vic.

Dried up, shrivelled stumps of apples, pears and nashis, gnawed down to the core, are not a pretty sight in early January . . . cut down before really even getting a toehold on life, chewed by the rosellas and cockies without having had a chance to even develop any colour. To us, a sour, woody embryo. To them, a little packet of moisture and nutrients, no time to wait until the fruit matures. The fight for survival takes precedence over any indulgence of their taste buds.

We've been on our one-hectare plot near Hanging Rock, up on the Victorian Central Highlands, for over ten years now. The first thing we did after buying it was to set up the orchard. The sweat of digging, mulching, laying irrigation pipes, and pruning in the years following was shrugged off while the promise of sweet, organic peaches, apricots and plums played merrily on the taste buds of our imagination.

As we sat and enjoyed the cool summer evenings after a hard day's toil, casting expectant eyes on our growing trees, the parrots wheeled and screeched crazily overhead. The perfect scene of rural bliss as the sun's last rays slanted through the branches. Little did we realise the extent of hostilities that would develop between ourselves and our feathered friends as the trees matured and started bearing fruit. I guess in the back of our minds we knew we were kidding ourselves that we'd actually *get* any fruit off our trees. Every time the sounds of the gas gun and electronic wailer wafted across from the vineyard next door we should have put two and two together and realised that the local birds knew a free feed when they saw one.

And a battle we did have. Their capacity for destruction amazed us. Jackie French's policy of 90 percent for them, 10 percent for me, just did not wash with these guys – they wanted it all! One year, somehow it was well into February and our quince tree still had most of its crop miraculously



Serious, and costly, measures were called for to keep the birds from enjoying all the fruits of my labour.

untouched. And then the last straw was added to the camel's back. I got up one morning to see what must have been about 30 sulphur-crested cockatoos crowding into the young tree, and a scene of devastation. They literally dismantled it. Not just the fruit, but a carpet of shredded leaves and branchlets covered the ground.

What I'm trying to get across to you, dear reader, is the emotions that are stirred within us as part of this back-to-nature thing we all hold up as our holy grail. And emotions, as we all know, are not the basis for rational thinking. Which is why, after enduring years of gnawed, brown stumps of fruit on my trees, I decided to spend \$500 doing something about it. I went straight from the draping-bits-of-bird-netting-over-each tree method (cheapish, but largely ineffective), to the Grand Vision! A giant, end-to-end, top-to-bottom, side-to-side net covering the whole damn lot in one go! Not for me several years more of trying out

the old hawk-silhouette-on-a-stick method, or the brown-paper-bags-over-each-clump-of-fruit method, as many helpful souls have advocated in these pages previously.

Okay, so I'm lucky to hold down a reasonably well-paid job to fund this folly. All those out there struggling to scratch out a piece of paradise on much more limited incomes, I salute you – keep up the fight for the Good Cause. But I can now report with great pride that in mid-January, we have: a mulberry dripping with sweet, juicy, black berries; an apricot covered with blemish-free orange globes, four apple trees speckled with shiny red fruit; plums; peaches; nashis and pears – all doing beautifully. Bliss! Take *that*, you hook-beaked descendants of dinosaurs! Gather in the trees outside my fortress and look on with confusion in your tiny little minds! The fruit you see is mine, all mine! Look over there – tagasastes bursting with seed pods – take as many as you like, they're yours, enjoy with

my good blessing. But lay off the fruit!

For all of you out there who can relate to this tale, here are some details of how I did it, in case your emotions get the better of you too. I must say, I always thought it would be a \$1000 job, so I was actually quite happy to get away with \$500. It's a very light but strong construction, built to withstand the ultimate test around here – a major snowfall.

## CONSTRUCTION

The basic idea is to have a network of fencing wire suspended from the tops of treated-pine poles embedded in the ground. The individual lengths of netting are sewn together and draped over this supporting network.

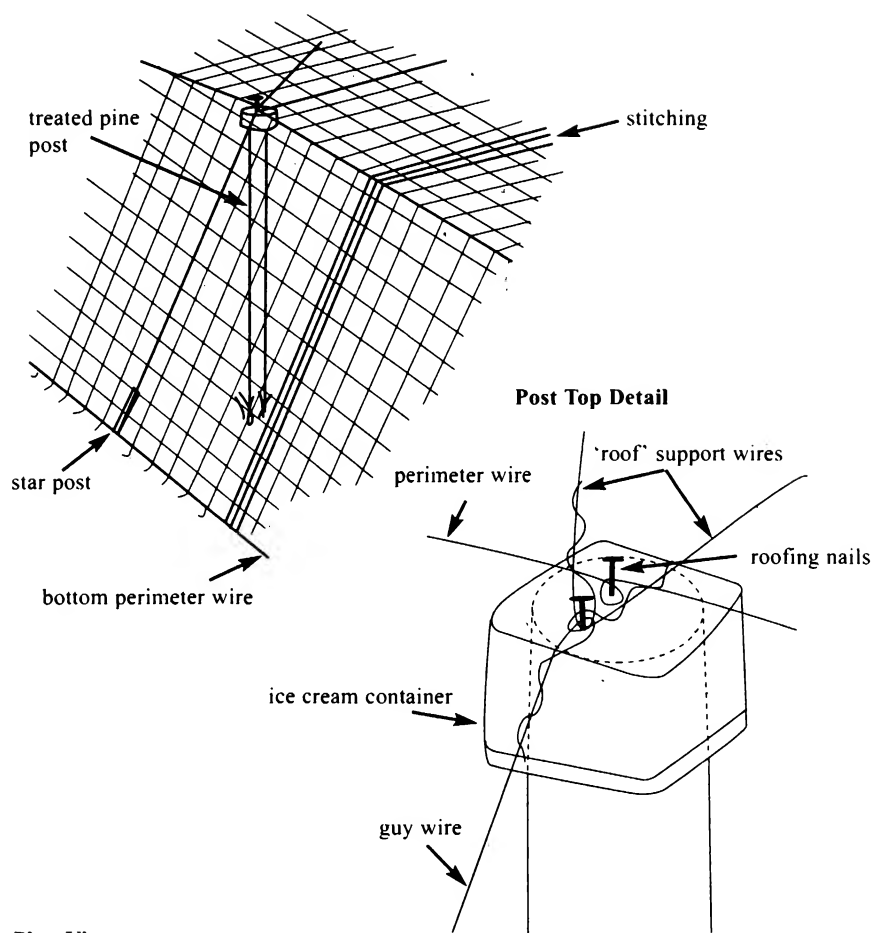
### Poles

I chose 3.3 m length poles, the thinnest available were 75 – 100 mm diameter, at \$9 a piece. The layout plan shows how they were distributed. I aimed for a maximum of 7 m between poles. A 400 mm deep hole was plenty deep. The pole was inserted and a cement/soil mix rammed in around it. I was not aiming for super-strength, that would come later in the form of guy wires pegged down around the perimeter of the enclosure, just enough to keep the poles reasonably vertical while the wire network was put in place. Before putting them up, I nailed on an inverted two-litre ice cream container into the top of each pole to act as a smooth edge, to prevent the net snagging as it was drawn up over them, protect it from sharp edges in the future, and stop water from getting into the end-grain.

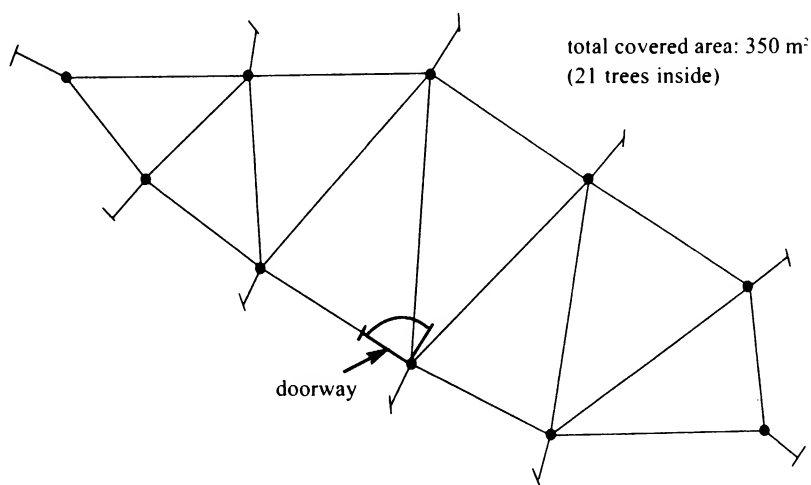
### Wire

After the poles were in, I ran the first length of wire (galvanised fencing wire is tough to work with, but stronger and more rustproof than tie-wire) right around the perimeter of the enclosure, along the pole tops. A stepladder is needed here. The poles were not bedded in strongly enough to support the weight of a ladder leaning against them. At each pole top I drove in a galvanised 75 mm roofing nail three quarters of the way in, and twisted the wire once around it in such a way that the loop ended up in just the right place, before running the wire on to the next pole. The beginning and end of the wire was finished with a loop formed

## Netting Attachment



## Plan View



by three or four twists of wire, and placed over a roofing nail.

Next came the guy wires, down from the pole tops to a star post driven into the ground about 1.5 m away, directly in the line of where the future pulling stress of the wire network would act. At this stage the wire and

star posts should not be tightened all the way, leave some slack for later, after the net has been placed. Slowly tighten the whole structure by driving the star posts the rest of the way in, working around the perimeter a bit at a time. Next comes a zigzag of wires from post to post across the middle of the enclosure,

to support the net in the middle. Allow enough spare wire to run around the perimeter at ground level, to secure the bottom of the netting.

### Netting

This is the most expensive part of the exercise. The cheapest form is the black plastic netting that comes scrunched up on a large bobbin. There is also a similar white nylon form that is costlier. More expensive still is a sturdier black plastic mesh, which is much stiffer and comes in roll form on a two-metre tube, folded in half to give a four-metre width. It is also very strong – attempting to pull it apart will cut into your flesh before it breaks. You will need this strength; it is well worth the extra money spent. Also, being stiff, it is much easier to sew the panels together – a hard enough job as it is. I shudder at the thought of having to do all the sewing I did using the floppy black or white stuff! This product is made by Sarlon and cost me about \$2.70 per metre.

Rather than sew the panels together on the ground, I opted to suspend the pieces one-by-one on the wire network and sew them up there. This is better than having to wrestle a giant sheet into the air all at once, and, for the complicated shape I had to have, gave better control of exactly where the cuts and joins had to be. With a bodkin I stitched the panels together using a running stitch. This is made by an up-and-down motion through the two thickness of mesh, rather than a 'looping' overstitch, which tended to make the thread twist up into awful knots as it was drawn through. For thread I used the braided nylon string used by brickies – good stuff! 🌱

## Goozeff Seeds

Pty Ltd ABN: 65058283677

- \* For all your Australian native seeds
- \* Trees, shrubs, aquatics & grasses
- \* Native & exotic palms & cycads
- \* Tubestocks to order
- \* Flora assessments & provenance collections suitable for revegetation and hydromulching
- \* Nuts & pods for craft work



Ph: 02-4422-6056 or 02-4421-0731

Fax: 02-4422-6055

P.O. Box 3022

12A Warrah Rd, North Nowra, NSW 2541.

sales@goozeffseeds.com

catalogue@goozeffseeds.com

email: admin@goozeffseeds.com

CATALOGUE ON REQUEST

# WHAT'S ON

It's come round to that time of year again – and so soon. Here are some exciting outings, and mind-expanding courses, to consider that will help keep you sane over the holidays.

### MOORA MOORA FESTIVAL

The Moora Moora Cooperative is holding this year's festival on Saturday 23 February from noon till late. Visitors staying for the evening are advised to bring warm clothing. As always, children are welcome and especially catered for. There will be live music from around the world, a bush dance from 5pm, food, a craft market and children's entertainment. Enjoy tours of 26 owner-built homes, plus talks, demonstrations, workshops and displays on bush living, solar energy, earth building, sustainable farming practices and alternative health. There is a \$20 charge per car, or \$15 per person (\$5 for low income earners, and free for under 16s). Follow the signs from Healsville. Phone 03-5962-4104 for more information.

### THE FUTURE IS ORGANIC

A weekend for farmers, gardeners and consumers who want to know more about organic vegetarian food is being held on March 16 and 17 at Banksia Peninsula, near Bairnsdale. This will be a good opportunity to network and enjoy delicious organic vegetarian food and participate in some stimulating workshops. Topics include biodynamics, Australian native food, the impact of genetic engineering, the New Zealand organic perspective, animal and human homoeopathy and much more. Contact Robyn Grant on 03-5157-1586 for more information.

### QUILT EXHIBITION

Plain and Fancy: Quilts from the National Quilt Register is an exhibition at the Powerhouse Museum in Sydney. See quilts and needlework reflecting the essence of earlier Australian life from Australia's pioneering women, including Amelia Brown who arrived in Australia with her husband and seven children in 1857. The exhibition is on until 2002.

For more information phone 02-92217-0365, or view the register at [www.amol.org.au/nqr](http://www.amol.org.au/nqr)

### LAVENDER HARVEST FESTIVAL

Lavandula's 2002 annual lavender harvest festival is taking place on Sunday 13 January from 9am to 5pm in the beautiful countryside just outside Daylesford. There is an entry fee of \$6 and \$3 for children. It will be a day to relax in a special ambience, enjoy local crafts, massage and acoustic music, appreciate local food and wine, or check out plant sales and receive horticultural advice. There's also petanque, puppets and lots more entertainment. Contact Carol White on 03-5476-4393 for more information.

### PERMACULTURE WEEKENDS

At Eltham during January and February, 2002, weekend workshops will cover Permaculture in Building and Settlement Design, Economics and Politics in Permaculture, Living With Permaculture, as well as garden and landscape-related permaculture topics relevant to south-eastern Australia, all under the guidance of experienced, qualified tutors. Site visits and relevant booklets/disks included. Billets can be arranged. For information contact Virginia Solomon on 03-9437-1909, or: [vsolomon@net-space.net.au](mailto:vsolomon@net-space.net.au)

### WOODFORD FOLK FESTIVAL

This year's annual event is being held from December 27 to January 1. Folk aficionados can enjoy all their favourite performers in the wonderful ambience this festival is renowned for. Entertainment includes dance, visual arts, live music, a circus, street theatre, films in the outdoor amphitheatre, indigenous contributions, a fire finale and lots of kids' stuff. There is a range of ticketing options – you can go along for an evening or the whole festival. Camping facilities, hotel accommodation and an on-site Tent Motel are available for overnighers. For information contact Peta or Amanda on 07-5496-1066, or look at the website: [www.woodfordfolkfestival.com](http://www.woodfordfolkfestival.com) 🌱



# Recycled Coffee Roaster

by Aarn, Balranald, NSW.

In response to a few inquiries regarding 'Coffee Tornado' (GR 138), a few lines about the Cambodian drum roaster might be of interest. There are plenty of references concerning all aspects of coffee – from planting to drinking – and some are listed below (don't forget old GRs too). However, most recommend roasting beans in a domestic gas or electric oven. For roasting larger quantities, a recycled 200-litre steel drum can be thoroughly cleaned, remodelled, and put to work!

Two doors are cut from the sides of the drum (fig 1). A metal button (for a hand-hold) is screwed into one edge of each door, each door is then re-attached (with a hinge) to the drum. The drum is drilled through the centre of each end and a length of strong metal pipe (approximately 5 centimetres in external diameter) is inserted through the drum, so that about 0.3 metres protrudes at either end. To one end of the pipe, another 0.3 metre length of pipe is attached, to form a 'handle'. The entire assembly – now quite heavy – is turned to the horizontal (fig 2) and slung between two stout metal crooks firmly placed in the ground. The drum should be about 0.5 metres from the ground.

Figure 1: Drum Vertical

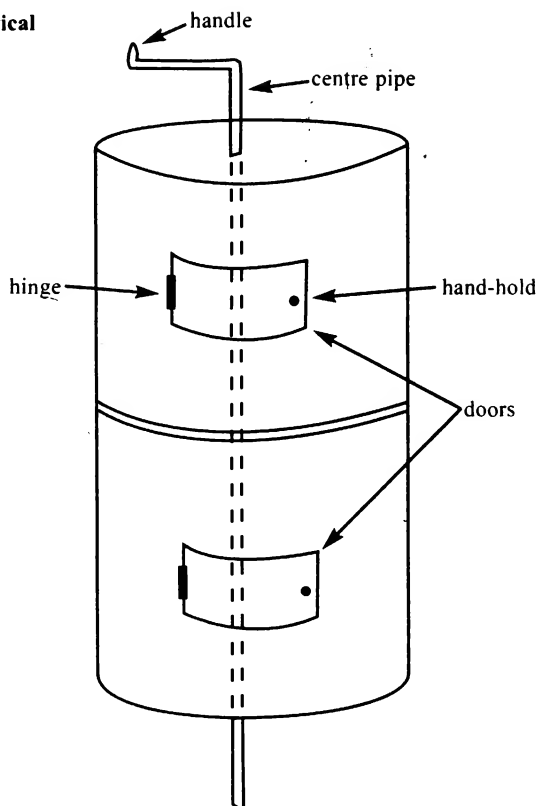
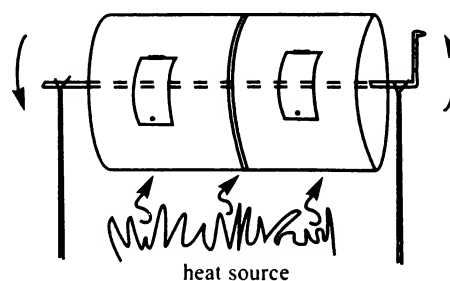


Figure 2: Drum Horizontal



Beans ready for roasting are placed in the drum, which is turned slowly above the heat source (charcoal is used in Cambodia) to achieve the desired degree of roasting. After roasting, beans are removed from the drum and, during cooling, can be flavoured by pouring on a little of your favourite cheap liquor.

Though the diagram depicts a big drum, smaller drums could be knocked up in the shed and different clean sources of heat experimented with.

Happy roasting!

## Some References

*Modern Coffee Production*, AE Haarer, Leonard Hill, London, 1958.  
*Coffee Growing in Australia – A Machine-Harvesting Perspective*, R Lines-Kelly (ed), Rural Industries and Research Development Corporation, Australia, 1997.  
*Coffee Processing in the Home*, Queensland Department of Primary Industry, 1998.  
*Coffee*, G Wrigley, Longman, Harlow, 1988. ☞

## COMPOSTING TOILET SYSTEMS

Easily installed anywhere

Approved by  
Health Commissions and the EPA  
New domestic model now available

Please send more information to:

Name.....  
 Address.....  
 Postcode..... Phone.....

### CLIVUS MULTRUM AUSTRALIA

|                   |                   |
|-------------------|-------------------|
| Melbourne Office  | Head Office       |
| PO Box 189,       | 115 Railway Ave,  |
| Bentleigh 3204.   | Strathpine 4500.  |
| Ph: 03-9557-6943  | Ph: 07-3889-6144  |
| Fax: 03-9557-4786 | Fax: 07-3889-6149 |

# Once-A-Year Vegetable-Oil Soap

by Frank Brehe, Nimbin, NSW.

When I became vegetarian some years ago I decided that I should be consistent and stop using soaps made with animal fat. I have since found that I can feel, and dislike, the greasier feel of animal-fat-based soap bars. Vegetable-oil soaps were more expensive, so I began to research soap making. My former mother-in-law in far-off South Dakota had made her own soap for most of her life. Although the soap she made used animal fat saved from cooking meat throughout the year, she at least made me familiar with how simply the basic process worked.

I pored through books and magazines. Most of the recipes I found were for what I would have to call 'boutique' soap making, using ounces of this, spoonfuls or cupfuls of that to make small amounts of soap. This approach conflicted with my practical farm background – make it once a year, make a big batch, and make the process simple. I also don't like leaving partially used tins of caustic soda lying around, so I developed recipes that use commercially sold batches of ingredients that resulted in no leftovers.

What I finally discovered, or rather rediscovered, was that the basic soap making recipe is extremely simple: two litres of dissolved caustic soda transforms three kilos of fat (animal or vegetable) into soap! So here it is, soap making for the lazy, for the busy, or for those who just like the challenge of doing it themselves. The end product is a delightfully pure vegetarian soap that is soothing on sun and work-damaged skin! It is a job that takes only a few hours spread over a few days. For the required chemical reactions to take place, it is best done in a warm environment, either in a cosy wood-fired winter home or during the warm days of summer.

Here I should interject a serious warning: *The caustic soda used to make soap is extremely dangerous!*

*Soap making is not a job to do when little children are around.*



## INGREDIENTS AND EQUIPMENT

3 kg vegetable oils  
500 g caustic soda  
2 lt distilled or rainwater  
glass thermometer to accurately measure in the 30 – 40° C range  
plastic bucket

2 lt glass bottle with 2 nail holes in the lid (remove the port or sherry first!)  
good wooden or plastic stirring spoon (do not use for any other purpose)

lots of plastic moulds. Reuse any suitable disposable food or drink containers, use your imagination, but *no* metal containers.

essential oils for scenting (optional)  
food colouring (optional)

The oils you use will vary according to what you find you like best, what is available to you and/or what you can afford. Yes, the very best ingredients still cost a bit more. Here are some oils I have tried and their soap-making qualities:

- Copha (coconut oil): excellent for hardness, whiteness and lather.
- Olive: good for hardness, lather and good on the skin.
- Macadamia: good lather and the best oil for conditioning the skin.
- Peanut: good lather, soft and mild.
- Palm: very hard soap, good lather, mild on skin.

• Avocado: green/yellow soap, hard, good lather, mild.

• Soya bean: green/yellow, hard, good lather, mild.

• Sunflower: soft, oily, small bubbles (not the best).

Here is my favourite oil mixture that I use and have shared with friends both here and down at the ConFest on the Murray River over the years. It will make approximately 60 average-sized soap bars of the highest-quality soap. Feel free to experiment with your own oil combinations.

750 g Copha  
1250 ml olive oil  
750 ml palm or peanut oil  
250 ml macadamia oil

## PROCEDURE

Protect your skin surface, caustic soda is caustic and *hot*.

Fill the two-litre bottle to within about 15 centimetres of the top. Up here, I have no trouble finding a camphor laurel twig of finger thickness and about 60 centimetres in length to do the job of mixing. They are perfect as the bark doesn't peel off or discolour the mix, but a similar length of doweling would be fine. The advantage of using the narrow-necked glass container is that, when stirring, there is little likelihood of splashing the hot, caustic solution on you or your surroundings. Also, it is the perfect container from which to combine the solution with the oils. Pour the caustic soda into the water *slowly* and stir, so that no solution settles on the bottom of the bottle. Wash, then dispose of the stirring stick. Then top up the container with more water to the two-litre capacity.

Set the caustic solution carefully aside to cool.

Melt the Copha and mix with the other oils in a plastic bucket.

The correct temperature for the chemical reactions is most important.

Place the bottle of caustic soda and

the bucket of oil in a tub of warm water until the temperature of both is between 35° and 37° C.

Screw the lid with two nail holes (one for air in, the other for liquid out) on the bottle of caustic solution and, stirring constantly and carefully, to avoid any splashes, pour slowly into the oils.

Stir constantly for 15 minutes or so, then settle down to a good book or a movie, stirring the mixture every 15 minutes or so until the spoon dribbles traces on the surface like custard. Be patient, vegetable oils saponify (thicken) much slower than animal fats. To avoid separation the mixture should be thick before being poured into moulds.

At this stage the mixture could be divided into plastic or glass bowls and small amounts of essential oils and colouring can be added, should you wish.

Pour into well-oiled moulds, cover with newspapers or such to keep them warm for a day or two so chemical reactions can continue.

Remove from moulds (you may have to cut some off), cut into convenient-sized bars and place on an airy rack to dry for a month or two, turning occasionally for even drying. I find old screen doors or windows are perfect.

Soap, like many good things, is better with aging!

Your lovely handmade soap is at last ready. Little baskets of various shapes make lovely personal Christmas gifts. Treat it carefully so as not to waste it. Keep it dry as possible, not leaving it immersed in the bathtub. Any leftover pieces can be saved and grated, moistened, rescented and reused as soap balls. ♪



## NEMATODE CONTROL AND MARIGOLDS

Canadian researchers have found that using a marigold crop (*Tagetes* spp) in rotation on farms reduces parasitic nematodes to less than threshold levels. In water solutions marigold can even control mosquito larvae. Marigolds are best interspersed with vegetables, and then mulched into the vegetable bed when the season finishes. This provides additional protection for the year. ♪



## EGGSHELLS AND WILD BIRDS

Wild birds will benefit from being given crushed eggshells to eat, a Cornell University study has found. This is because acid rain has been leaching calcium from soils and birds are unable to get enough calcium from natural sources. The university has asked that people put out crushed eggshells in their backyard feeders as the birds do eat the shells and benefit from this calcium supplement. ♪

# NEW IMMUNISATION RESEARCH

Parents are invited to participate in ground-breaking research into the use of natural, nontoxic methods of immunisation. The research will be conducted by Isaac Golden, an experienced homoeopathic practitioner and Faculty Head of Homoeopathy at the Melbourne College of Natural Medicine, who is undertaking Doctoral research at the Graduate School of Integrative Medicine at Swinburne University in Melbourne.

Two pieces of research are being planned and many responses are needed to make the research statistically acceptable to the orthodox medical community. Isaac is inviting readers to register their interest in participating in these projects.

## A RANDOMISED, PLACEBO-CONTROLLED CLINICAL TRIAL OF THE HOMOEOPATHIC ALTERNATIVE

This trial will be the world's first major clinical trial of homoeoprophylaxis. It will involve children between one and nine months of age whose parents have chosen not to vaccinate against measles. The children will receive either an oral active homoeopathic measles preventative or a placebo. This will be followed for two years, and then

their incidence of the disease will be recorded and studied. The remedies will be provided free of charge.

## A NATIONAL HEALTH SURVEY

This research will study children between five and ten years of age. Parents will complete questionnaires that measure each child's general immune competence (such as asthma, chronic eczema, chronic ear infections etc). These will be compared to the method of disease prevention which the child has used, including vaccination, homoeopathy, general constitutional treatment, no method at all, or a combination of all of these. Children who have used any type of disease prevention, or none at all, are eligible.

## APPLICATIONS

Parents with children in either of the above categories who would like to participate in either trial are invited to contact Isaac Golden, PO Box 181, Daylesford 3460, fax: 03-5348-3667, or email: [homstudy@netconnect.com.au](mailto:homstudy@netconnect.com.au)

Please give your name and address, the age of the child, and which trial you would like to participate in. Once the trials have been approved by the University's ethics committee you will then be contacted with details.

# RECYCLING RUNS RIOT

## Christmas Tree Decorations

by Roberino, Arrawarra Beach, NSW.

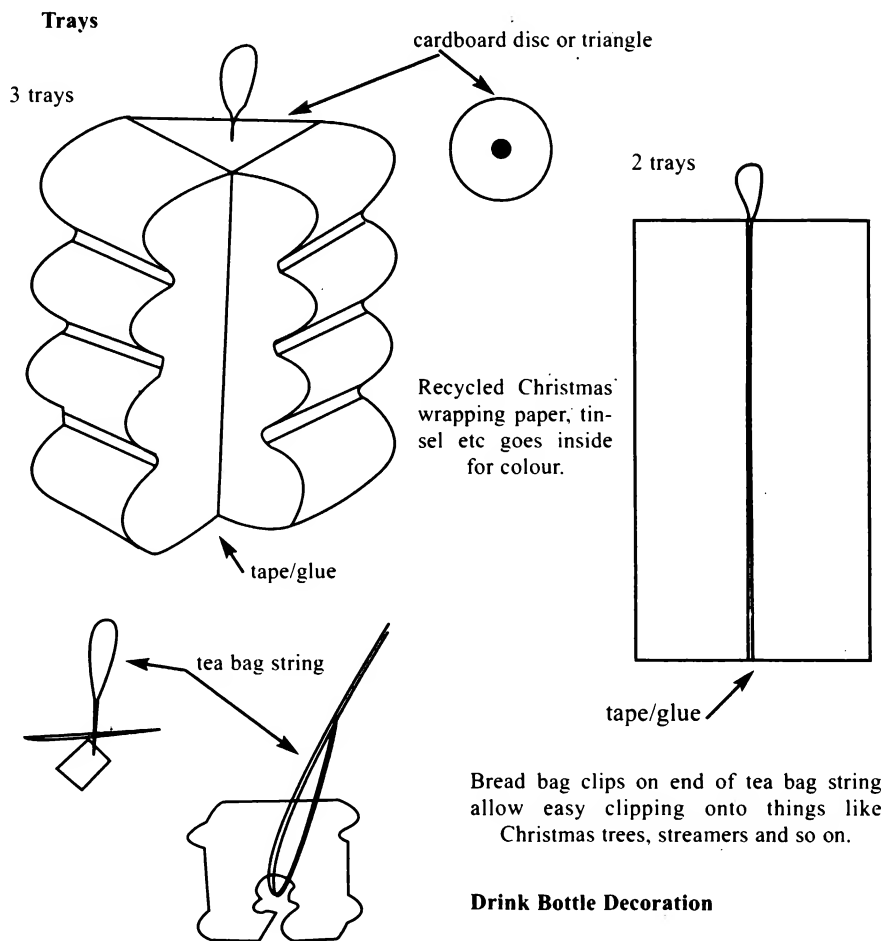
Have you ever wondered how you are going to use those clear plastic biscuit trays that keep biscuits in some sort of order/presentation in a packet? Or the similar trays for frozen pies? Now is the time to bring them out and startle your friends with your hoarding/recycling abilities. Don't forget the big box with thousands of tea bag strings and tabs that you just knew would come in handy one day. With some trepidation you were strong enough to actually discard the tea bag itself, probably to the compost heap. Okay, takes one to know one, and I haven't found a good tea bag therapist either, although I named a cat 'Teabag' (rhymes with fleabag doesn't it?).

But I digress. The biscuit trays make sensational Chinese lanterns for all sorts of celebrations such as winter solstice decorations at ski lodges, birthday parties, office parties, the outside living Christmas tree or pagan parties.

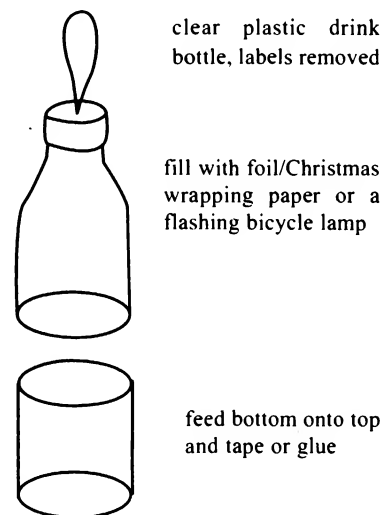
Take two trays of the same design, shape and size and join one side with clear adhesive tape. Get some Christmas coloured wrapping paper, tinsel or ribbons and pack inside the biscuit tray. Close the trays and seal with another strip of clear adhesive tape. Too easy! Or, if you have a glue gun, use that to join the trays and this is good for outside decorations to withstand rain or snow. Three trays make a stunning alternative when everyone on the production line gets bored with just the two-tray jobs.

*Do not* (well I wouldn't) put electric decoration lights inside or touching the plastic trays; a fire at Christmas is not good.

However, the small battery-operated flashing safety lights for bicycles can be safely put inside and taped on with clear tape. The batteries last a very long time. Colours come in red for the tail light, clear for front and amber yellow for side lights. They only cost about \$3 each from the el cheapo shops.



### Drink Bottle Decoration



When you run out of biscuit trays go for the clear and coloured plastic drink bottles. Cut them in half, put what you want in them, then ease one half into the other and tape or hot glue as for the biscuit trays. These are better for outdoors if it rains. The lid needs a hole in it and a garbo bag tie or tea bag string to hang it up. Don't forget to take the brand labels off, unless you're being paid to advertise the drinks. Kids will love being involved in this one.

Parents/teachers should do the cutting with a hobby knife. Too dangerous for kids.

Have a very happy Christmas. ❄

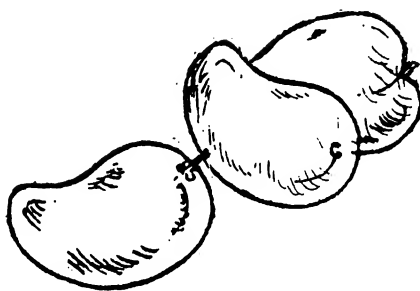
# An Excess Of Mangos

If you're fortunate enough to have lots of mangos to enjoy this summer, here are some great recipe ideas for them.

## MANGO CHUTNEY (1)

4 kg mangos, sliced and peeled  
500 g apples  
30 g cinnamon  
375 g ground ginger  
500 g preserved ginger  
500 g sultanas  
2 handfuls salt  
60 g mustard seeds  
3 kg sugar  
1½ bottles vinegar  
2 tsp cayenne pepper  
30 g garlic  
1 large onion  
6 small chillies  
30 g whole pepper (tied in a piece of net till cooked)  
½ pkt mixed spice

Chop and mix everything except garlic and spice. Add vinegar and let stand all night. Add spice and finely chopped garlic just as you put it on to cook. Boil gently for 2 to 3 hours.



## MANGO CHUTNEY (2)

25 mangos  
500 g dates  
1 kg brown sugar  
125 g garlic  
500 g green ginger, thinly sliced  
¼ cup chillies  
125 g salt  
2 bottles vinegar

Make a syrup with one bottle of the vinegar and the sugar. Then throw in the sliced mangos and other ingredients (previously prepared), adding the rest of the vinegar by degrees. Boil until a nice colour and consistency – about four hours.

## MANGO JAM

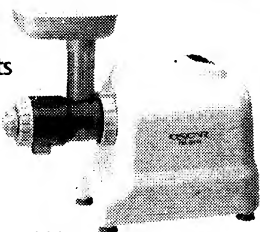
Peel eight or nine medium-sized, underripe mangos. Slice and place in a greased pan with two peeled, cored and diced Granny Smith apples. Into another saucepan put skins and seeds of mangos and apples. Cover with water and boil for 10 minutes. Pour strained water from skins over mangos and apples. Add strained juice of two lemons and cook until pulp is soft. Allow one cup of warmed sugar to each cup of pulp, boil rapidly for about ¼ hour, or until jam sets when tested. Seal while hot.

## MANGO JELLY

Peel some mangos and stew them gently until the fruit becomes a pulp. Add sugar to taste and to every cup of stewed fruit allow a tablespoon of granulated gelatine. Dissolve gelatine in the hot pulp, add the beaten whites of two eggs, beat well and set in a glass mould. Serve with whipped cream or, if preferred, custard made from egg yolks.

## Living Juice

...from the Fresh Food Processor that also  
Minces,  
Chops, Extracts  
Oil and even  
makes  
Noodles!



The revolutionary OSCAR Juicer produces more juice, and delivers a minimum of 60% more nutrients than other juicers. (Normal juicers create heat, killing off living enzymes...) OSCAR's low speed keeps vital enzymes alive...

- Better Health
- Increased Vitality
- Great for Detoxing
- Faster Absorption of Nutrients and Minerals

For more information and/or an opportunity for a risk free home trial call

**1800 802 924**

**vitality4life.com.au**

13 Terrace St, New Brighton NSW 2481



## ⇒ Your Health

## ⇒ Your Home

## ⇒ BIO Paints



Indoor pollution is a growing concern. A main contributor is conventional paint products.

But here is the good news for You. Bio's natural and nontoxic paints will create a healthier home.

Do You want to use these environmentally responsible products? They are easy to use, of high quality and have no bad smell.

Phone us on our Freecall Number

**1800 809 448**

and we'll send you FREE Toxic Information and a coloured Brochure, which tells you the different applications for each product and surface. This is invaluable for anyone looking at painting.

**Bio Products Australia Pty Ltd**  
25 Aldergate Tce, Bridgewater, SA 5155





# BIODIESEL

## Technical Considerations

by John, SA.

**Phillip Richards' article on biodiesel (GR 145) has drawn a broad response, from people wanting to know more to people offering more information. This writer has expertise in the field and shares some relevant technical details.**

I refer with interest to the article on biodiesel in GR 145.

As the owner of a small property, I am always looking for ways to recycle materials and I commend the author for his article on recycling waste vegie and engine oil. However, as an ex-fuels and lubricants engineer for a major oil company, I feel it only right that I should point out a few of the technicalities of diesel and diesel engines.

One of the most important technical factors of diesel is its cetane number. This is a number indicating the ability of the fuel to ignite spontaneously and is somewhat similar to the octane number in petrol, although that number indicates the ability of petrol to resist spontaneous combustion. The nature of the diesel engine is that it works on the basis of spontaneous combustion of the fuel, whereas the petrol engine has a spark plug to ignite the petrol, which has a much lower flash point than diesel. The flash point of petrol would be in the region of *minus* 40° C whereas diesel should be around 75 – 80° C.

Used cooking oil or engine oil will ignite spontaneously somewhere around 200° C, which is considerably higher than the requirement for diesel fuel. I myself have been involved with trials on diesel engine trucks to supplement used engine oil for diesel, but to obtain *complete* combustion it was still necessary to use some diesel. Used engine oil cut back with diesel was tested quite successfully where the mix was 75 percent diesel to 25 percent used oil. I might add that some addi-

tives still had to be included in the mixture to obtain the correct combustion characteristics.

If the flash point of a fuel is not the correct temperature for the engine involved, incomplete combustion will occur and considerable damage can be done to the engine. If the wrong octane is used in a petrol engine, damage to the piston head can occur. Similarly, if the wrong cetane is used in a diesel engine, damage to the piston will also occur, but in both cases it will take some time before that damage becomes apparent.

**Without wishing to dampen anyone's enthusiasm for wanting to use recycled products and reduce hydrocarbon burning, I urge people to be very careful when producing their own fuel and check with the vehicle manufacturer's requirements.**

While I support the use of used engine oil or vegie oil, both of which are currently being used as a supplement to diesel in many parts of the world, the idea of mixing vegie oil with caustic soda and vodka concerns me greatly.

Although this mixture will undoubtedly work and run a diesel engine, it won't necessarily do it any good. It is possible to run a diesel engine on pure Bass Straight crude oil, but the cetane properties, and thus the combustion characteristics, are simply not there, nor are they with the mixture of vegie oil and vodka. Although it may appear the engine is running quite all right, damage is in fact being done gradually, over time.

In addition to the damage to the engine, damage to the crankcase oil is also being done and this is of para-

mount importance. The function of an engine oil is firstly to lubricate, but secondly it is to protect the engine from contamination caused by combustion. Even when an engine is correctly tuned, a certain amount of contamination of the lubricating oil is caused by oxidation and combustion acids. If combustion is incomplete due to a poor fuel, or a badly tuned engine, contamination of the crankcase oil is more rapid, which in turn reduces the oil's ability to protect the internal parts of the engine, and damage to bearings, rings etc will occur. The prime reason for changing an oil is to replace the additives which wear out over time and, even when an engine is not running, alkaline additives in the oil are fighting to protect the metal parts from corrosive acids.

In addition to the gradual damage to the engine that can occur, emissions from the engine in the form of burnt crankcase oil, which again may not be noticeable for some time, will eventually become apparent due to the breakdown of the oil, thus causing even more pollution.

Used crankcase oil, or vegie oil as an extender to diesel, is a good example of where the reduction of a hydrocarbon fuel can be made, *provided* the correct cetane number is maintained for good combustion, otherwise one is defeating the object of the exercise.

I run two diesel-engine vehicles because diesel is in fact environmentally more friendly than petrol, there is less refining involved (less crude oil consumed) and a comparative size diesel engine will give better fuel





# Great Gifts For Guys



by Jose Robinson, Pomona, Qld.

**Though these gifts are intended to appeal to men, don't feel restricted, there are many women who would also appreciate them. The trick is to make the gift relevant to the interests of the recipient.**

I've always found the most enjoyable aspect of Christmas to be the preparation, especially when all the family were still living at home and growing up. There was always excitement and whispering, and mysteriously shaped packages being smuggled into bedroom hiding places until the big day.

Once the Christmas school holidays began, the five children and myself would set ourselves up at the big family table (once Father had gone to work) with lots of coloured paper, string, glue, sparkles, fabric scraps, shells, needle, thread, paints and felt pens. We had a large scrapbook of ideas for do-it-yourself gift suggestions, which I'd cut from magazines and other sources and glued into the album right throughout the year. There was something for everyone's level of capabilities. The older children would help the littlies sometimes, but mostly everyone preferred to do their own thing.

The male gift recipients always were, and still are, the most difficult to make for. I've put on my thinking cap and come up with a few suggestions for simple DIY Chrissie gifts for the men, which may help readers who prefer to give presents with a personal hand-made touch.

## SIMPLE BARBECUE APRON

Unbleached calico or any fabric is suitable for this item, and one size fits all. The more adventurous sewers can use patchwork or even two or three different coloured wide strips of fabric stitched together. If you are buying new fabric, you will need one metre and that allows for a pocket, plus ties.

If you don't have an old apron to go by for a pattern, then cut your own pattern from a large double broadsheet of newspaper. Open the page out and mark out your pattern as illustrated, using felt pen.

The pattern is for one half of the apron. When cutting the fabric, you will need to fold over and pin the edge of the pattern on the fold. When the apron is cut out, you will need to stitch a rolled hem completely around, either on a sewing machine or by hand with a needle and thread. Experienced sewers can bind the edge using bias binding. The strap for around the neck and back ties can be made either from cord, tape or stitched fabric. The two ties can be stitched on each side and tied around the back. If preferred, a single tie can be stitched to one side of the apron and fastened with a button and buttonhole at the

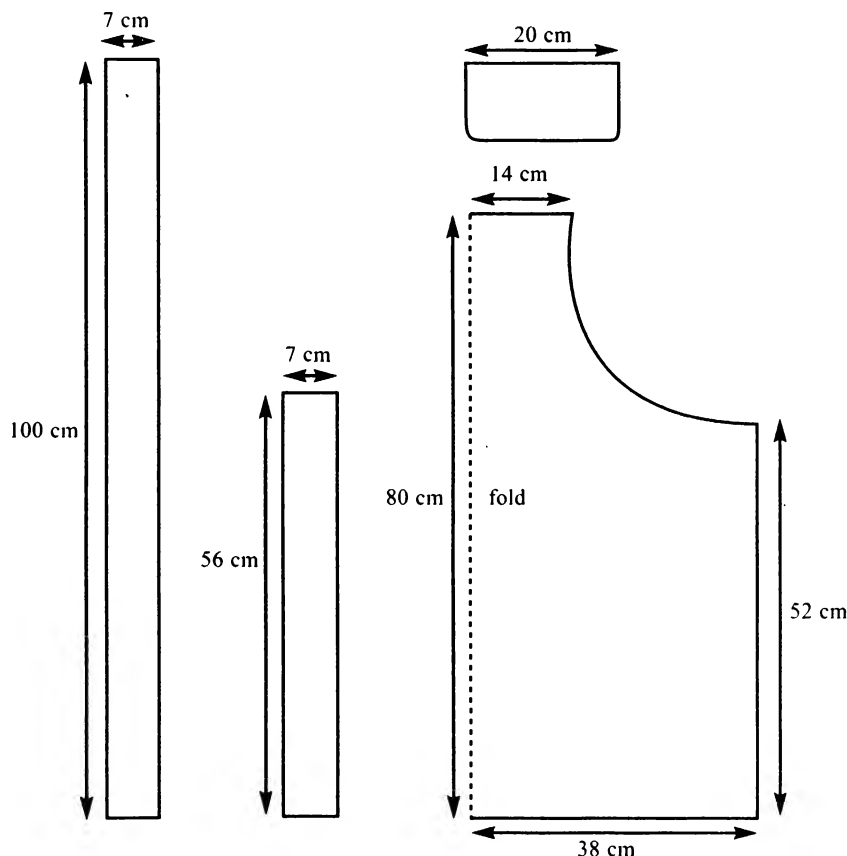
other end. To complete the apron, a simple motif representing an interest of the recipient in bright coloured fabric may be appliquéd or embroidered onto the front. A pocket can be added if desired.

## EASY FISHING BAG

For the fishing bag, you'll need three-quarters of a metre of extra-strong fabric such as hessian, corduroy velvet, rubber-backed curtain material or similar. If you have to use thinner cotton such as calico or twill, then use it double for extra strength.

Cut a pattern from newspaper in a rectangular shape approximately 86 x

Barbecue Apron



36 cm, this allows for seams and top hem. Pin pattern onto fabric and cut around perimeter. Fold fabric in halves and stitch double seams on the two sides. Now turn down top hem approximately 5 cm. Stitch and turn out onto right side. Cut and stitch shoulder strap; 110 x 9 cm makes the strap which should be 110 x 3½ cm when finished.

Sew on strap to each side of bag using several rows of stitching to make it strong, and the bag is completed.

If you wish to decorate the bag with a motif, either appliquéd or embroidered on, this must be done before the bag is stitched up.

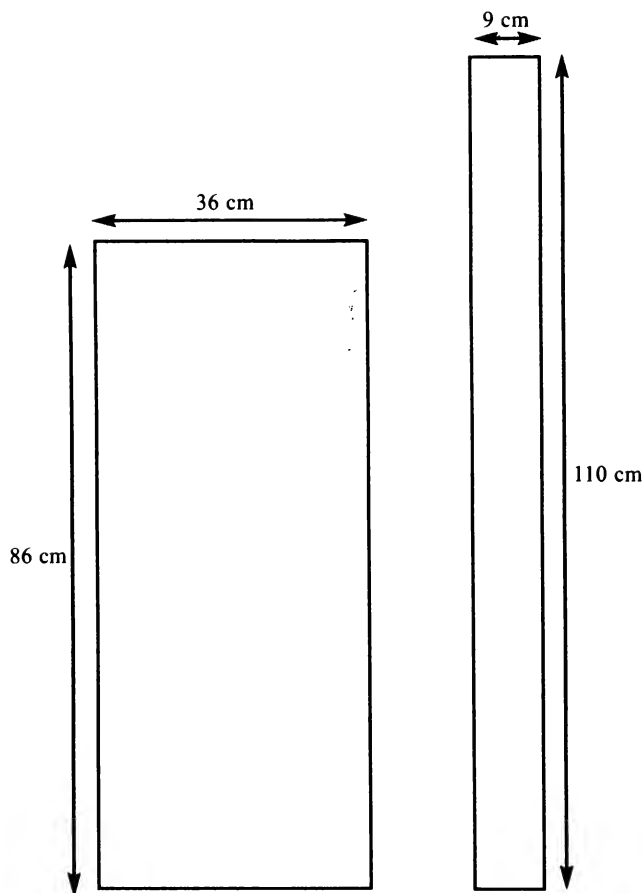
### ROCKY ROAD CHOCOLATE

375 g milk cooking chocolate  
1 pkt soft fruit jellies  
2 heaped tbsp crushed nuts  
250 g pink & white marshmallows, small

3 heaped tbsp coconut  
2 tbsp Copha

Place marshmallows in shallow tray 18 x 30 cm. Cut jellies in halves and mix with marshmallows. Sprinkle on half of the nuts and coconut. Melt chocolate and Copha then cool slightly, otherwise marshmallows may melt. Pour cooled chocolate over ingredients. Move ingredients around with fork to allow chocolate to mix evenly. Sprinkle remaining nuts and coconut on top, cover and refrigerate for about two hours before cutting into smallish pieces. Arrange in a giftbox.

### Fishing Bag



Any sweet tooth (male or female) will drool over a gift like this.

A recycled chocolate box covered with gift paper or pretty fabric makes a great container for your delicious rocky road. You can buy empty gift boxes at bargain basements quite cheaply.

gifts to make are: golf club booties; spectacle cases made of felt or similar; chef's hat for barbecues; apron for wine bottle (this ties around neck of bottle); fishing hat. All are easily made.

May all the wonderful feelings of Christmas stay with us long after the gifts are unwrapped, the tree taken down and the ornaments stored safely away. ♡

### MORE IDEAS

Some further suggestions for masculine

**Unique Christmas gift ideas!**

**Great new multi-purpose flexible tubs for garden, home and workshop.**

Tough, resilient and virtually indestructible. Frost, UV and hot water resistant. 100kgs weight tested handles. 100% recycled black plastic.

|         |         |                        |
|---------|---------|------------------------|
| 25lts   | \$14.95 | To order               |
| 40lts   | \$19.95 | Ph: 0414 517 100       |
| 55lts   | \$24.95 | Fax: 03 54 270 144     |
| The set | \$49.95 | flexitubs@yahoo.com.au |

plus P&H

**100% recycled**

109 Bowers Road, Hesketh, Vic. 3442  
Trade enquiries welcome

**WANT TO KNOW MORE ABOUT POULTRY?**

**Having trouble obtaining reliable advice?**

*Australasian Poultry is the only magazine of its type in Australia. It is published every two months and contains breed reviews, practical farming experience, advice on diseases, nutrition, housing and management of all types of poultry.*

*Look for it at leading newsagents, priced at \$5.28 per copy, or have it delivered regularly to your letter box for only \$30.00 for the year, including GST.*

*Back issues available at \$4.40 per copy plus postage & handling of \$1.00, or send a large SAE to receive a set of indexes.*

**Poultry Information Publishers**  
**PO Box 438, Seymour, Vic 3661. Ph (03) 5792 4000**  
Dargalong Road, Wahring, 3608.

# Cheap Chookery

## How To House Hens Without Blowing The Budget

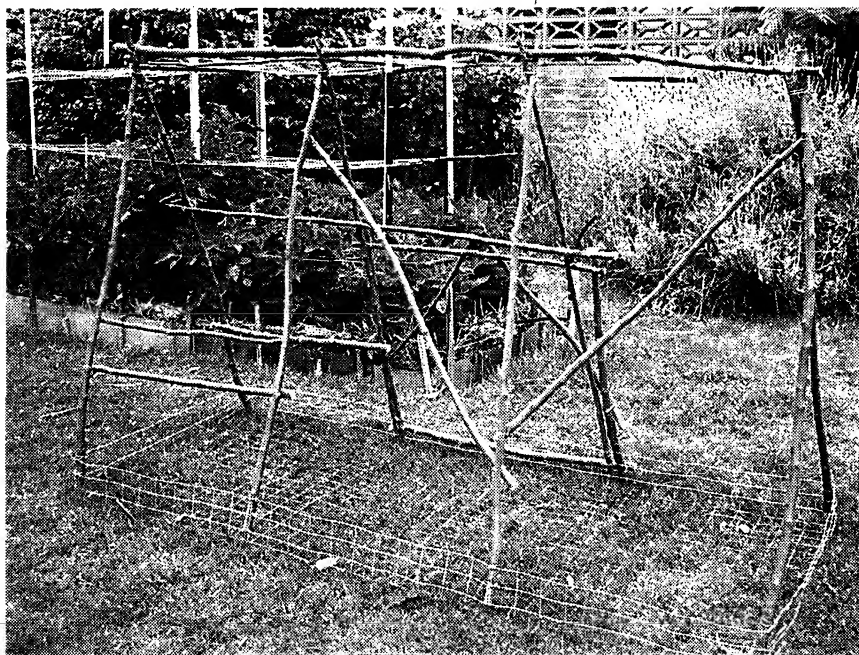
by John Holland, Flinders, Vic.

Keeping a few hens for eggs is a great way to save money while getting the freshest of eggs with the most orange of yolks. You are confident that your eggs have come from happy hens with a real chook life. Knowing exactly what has gone into them as food is comforting, and what comes out of the other end can be used for the benefit of the garden.

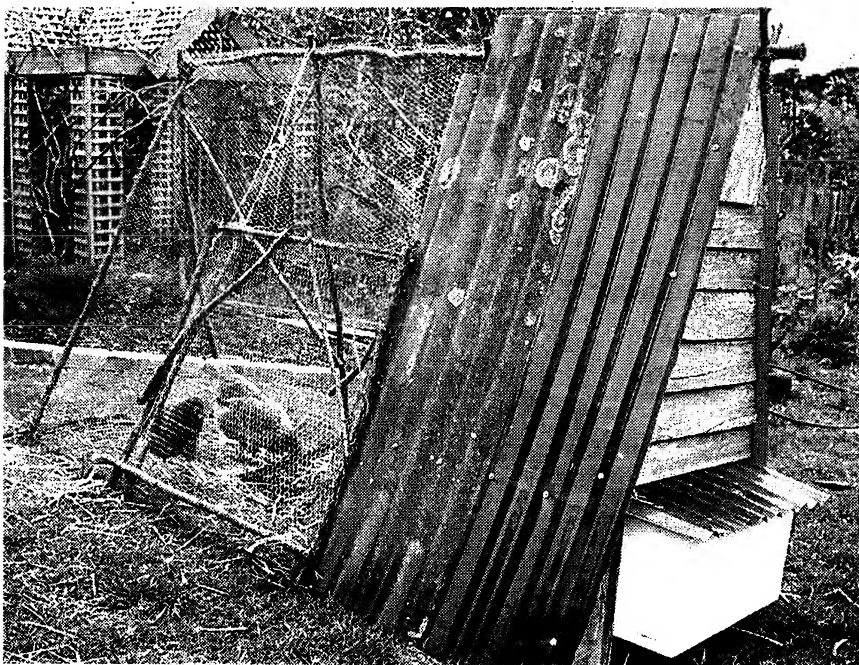
However, starting off keeping a few hens can seem a bit of a costly exercise, and unless you have actually tried it the benefits might not seem to outweigh the costs. With the outlay on the hens themselves, the housing, feeders, waterers and food, the cash required quickly adds up. The desire for a few eggs from your own hens can then quickly start to dissipate, which is a pity because homegrown eggs are a real treat and keeping chooks can be a great pleasure.

### KEEPING COSTS DOWN

It is often recommended to backyarders to go for a portable chook 'ark' that can be moved around the yard to give the hens a fresh pick of grass each day. This is a good idea for those starting out and not sure whether the commitment to permanent shedding is worthwhile. Even so, a bought ark costs hundreds of dollars. When I needed a multipurpose, predator-proof shelter for my hens, I decided to make a sturdy ark as cheaply as possible. I just hate spending money where I don't have to, and am loath to use new materials where I can recycle something. The resulting structure cost me less than \$40 about four years ago and gets regular use for various chooky needs such as looking after friends' layers while they holiday, for growing chicks, as a broody box for sitting hens, an isolation pen for sick birds and a general holding pen. It is proof that a beautifully functional and trendily rustic chook ark can be made for only a few dollars. The key is to



Ark skeleton showing the wire tray base and coppice timber frame. Coppice timber is a free, renewable resource.



A pair of happy ISA Brown hens enjoying their fresh grass. The nest box can be accessed by removing the lid.



use materials that are cheap or free and readily available to you.

### Using What You Have

I don't think too many GR readers will be upset if I describe them as hoarders of other people's junk. In fact, most will wear such a label proudly knowing they are doing their bit by recycling energy-demanding materials. However, there are sometimes resources we ignore just because they are so readily available to us that we don't think of them as useful. One such building resource is coppice timber, and it is this I used in constructing my ark. Coppice timber is the regrowth from the low stump of a tree that has been chopped down some time previously. Depending on the tree species, the timber is often long and lank. These make reasonably straight, structurally strong, thin poles.

In my grandparents' time, coppice timber was often used for building utilitarian items such as chook houses. Today we are often able to pick up bits of milled timber for our recycled building projects from our more profligate neighbours and forget that for some uses coppice timber is more readily available and just as easy to work with as milled wood. This is what I found when I turned my attention to building the chook ark. I just didn't have the type of timber necessary in my hoarded supply for something that needed to be light, flexible, robust and above all, cheap.

After much racking of brains and pondering alternatives I realised that I had the very thing growing just outside my front door. In fact, not only was it growing there, it was a darned nuisance that needed to be removed because it was reaching the powerline.

Armed with a saw, I collected all the structural timber I needed from this convenient supply in five minutes while doing necessary garden maintenance anyway!

### Other Materials

While the coppice timber is what I needed to provide the skeleton of my ark, I did need a few other bits and pieces, including:

- 10 mm wire mesh (allows for maximum versatility and keeps out wild birds)
- sturdy base wire. The wire I used could still be rolled up and carried in the back of a Pulsar hatch with two kids in it.
- weather protection, in this case recycled fibreglass sheet and fence palings
- nest box and perches, from recycled milled timber
- thin wire for tying mesh to frame and fixing coppice timbers to each other
- some self-screwing screws for fixing fibreglass sheet to timber
- a few nails

### Tools

- drill with bit
- pliers
- wire cutters
- hammer, nails and glue (for nest boxes)
- saw
- spanner or clutch drill for self-tapping screws

### This Builds for Your Few \$\$\$

From this list of materials I built a very useful, secure chook ark with a floor area of 2.5 m<sup>2</sup>. It can easily be moved by one person. A wire mesh floor provides total protection from predators. There is a weather protected daytime shade area, a separate nighttime roost, and two nest boxes. All for a cost of about \$40. Not bad at all. The design took into account my desire to keep the timber off the ground to prevent deterioration. Several years after construction it is showing no sign of wear.

### CONSTRUCTION

The photos illustrate the design. Most joints are held together by wire through holes drilled in the poles. The door is hinged with some pieces of fencing wire and can be secured closed with other pieces. If you can think of a better closure, that would be useful



Detail of wire base tray. Note that the timber does not touch the ground.

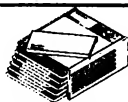
because it is important to keep the door 'locked' to prevent fox and dog entry. The fibreglass sheeting is held on by some self-drilling screws, set in predrilled holes to prevent splitting. The 10-millimetre wire mesh is tied on with thin wire. Putting straw in the roost area will facilitate cleaning. The nest boxes are the only part of the whole construction made really square and straight from recycled milled timber. Eggs can be removed via the easily accessible lid.

### HAPPY HENS

This simple and cheap hen house is all you need to provide a good home for several hens. It will comfortably house three large hens or six bantams. They will have the benefit of fresh grass whenever you move their house to another part of the lawn. It can also be sited under a shady tree on really hot days to keep the hens cool, a real advantage. This all means that your hens will be happy and pass their time doing what hens need to do. Open the door in the daytime and let them roam the garden and they will be even happier. Just don't forget to lock it when they return to roost at night. The rewards? Great eggs and the knowledge that you aren't supporting the appalling animal husbandry practice that passes for commercial egg production. 🐔

*Excalibur*

### Food Dehydrator



Vegies~Meat/fish~Fruit leathers~Raising bread~Making yoghurt~Arts/crafts~Flowers  
Features include horizontal airflow; large capacity interior; adjustable thermostat.

\* Model 2900: 9 tray  
Dries up to 18 kg per day

\* Model 2500: 5 tray  
Dries up to 11 kg per day

"Preserve it, Naturally"

140pp instruction book included in price

For more info & brochure:

Excalibur Box 203, Tolga. 4882

Ph/Fax: 07 4093 3754

Chumel Road, Walkamin Qld 4872

# Avoiding Transplant Shock

by Neville Jackson, Valhalla.

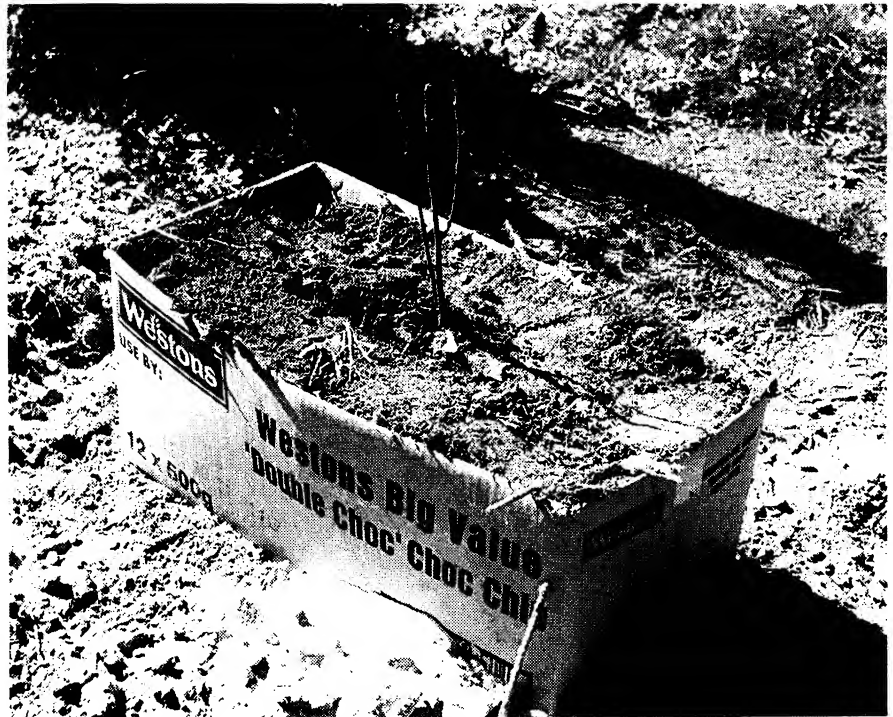
Plants need to be transferred from one place to another for a variety of reasons. Perhaps from seedling pot to final position, because the plant is unsuited to its present location, or because conditions in the garden have changed. Care is needed in any plant relocation to lessen stress from root damage, excessive dehydration, air pockets in the soil and wrong orientation. These are just some of the reasons the transplant might die or not thrive. One general rule that works for us is to ensure the transplantee always goes to a better place in the garden.

## SEEDLINGS

Transplant shock is most common when seedlings are planted out. The plant might droop soon after planting out, fail to recover for some time and be unthrifty with poor growth. To lessen this problem and reduce out-of-ground time, choose a coolish day, ideally with rain in the offing. Arrange tools and materials at hand, with the transplant site prepared in advance with sufficient moisture and plant food (such as compost) available for continued growth. Thoroughly wet the seedlings in the container with a solution of seaweed fertiliser, this contains vitamin B which strengthens the plant and reduces stress. Wetted roots can then be separated without significant damage. Any roots that are damaged, malformed, growing from the stem, or protruding through drainage holes can be trimmed. Transfer without delay to protect against dehydration. Water in and press soil gently to eliminate air pockets. Shade the transferee until established.

### Hint

Rockmelon halves can be used as plant containers. Seeds germinate readily. When the plant is large enough, just reposition as-is. The shell rots away and feeds the undisturbed roots. This method is especially good for cucurbits which suffer setback from any disturbance.



Leave the new plant in its box and build up a bed around it. The cardboard will decompose with no trauma to plant roots.

## CONTAINER PLANTS

When a plant is moved to a larger pot, stand the pot in a 25-millimetre deep tray of water overnight to facilitate depotting. If root bound, free up roots with your fingers in a bucket of water, so they will spread away from the stem in future. Excessive woody roots may be severed with secateurs. Take care not to damage the tap root. Repot to the same depth as before. A soil level higher up or down the trunk encourages insect damage and bark diseases. Any graft site should always be above soil level.

### Hint

At sheep shearing times, 'daggy wool' (dirty wool scraps) is sometimes discarded in large quantities. This is a useful resource for rural gardeners. Wool is high in nitrogen and other plant nutrients. Used as a surface mulch, it will feed, insulate and maintain moisture for a considerable time. Never allow mulch to remain in contact with stems.

## SHRUBS

The above section applies also to shrubs, but they are usually hardier and more forgiving than are delicate seedlings. However, aspect and orientation are important to hard-stemmed vegetation. All plants align themselves to gain maximum advantage of available sunlight. A woody-stemmed shrub or young tree will attempt to realign itself if replanted at a different angle to the sun. This can result in a twist in the trunk and limbs with restricted nutrient flow.

Remove flowers, fruit or excessive growth prior to relocation as these impose severe loads upon the shrub. A light prune the previous week will assist. A rainy day, especially afternoon, is best for relocations. A drape of shade cloth will moderate temperatures and reduce dehydration until the plant is re-established.

### Hint

If raised beds are planned but the shrub arrives first, place it in a suitably sized



Plant seeds in a rockmelon skin and transplant intact to avoid root damage and minimise transplant shock.

cardboard box strengthened with packing tape or strings. This box is placed in the shrub's final position and packed around with compost and soil when available. Worm castings are ideal to help quickly break down the cardboard matter. The box rots away in situ without any transplant shock.

## TREES

First, establish the tree's requirements. Does it prefer a damp spot or, like a peach or nectarine, a place that never becomes waterlogged? The winter dormancy period is the best time to replant fruit trees and established shrubs. Prepare a relocation hole of sufficient diameter and depth to allow a generous infill of well-rotted compost, daggy wool, worm castings and other nutrients. Test the pH and correct if necessary.

Carefully dig a trench around the tree, outside the dripline. Any large roots of other plants encountered should be followed out and freed, not severed. Preserve the tap root entirely

without damage for it is similar to a spinal column. It supports the tree structure and provides large roots down to fine rootlets which do the most to feed the tree.

For transportation, ball the roots and retained soil in hessian sacking and move carefully. Check for orientation. Water-in compost around roots. Fan out roots for a secure hold. Generously mound soil above its original level, because tree holes settle in time. Press soil down and compost well. Water next day, then weekly for a month.

## Hint

For rural gardeners again, dig a spare tree or shrub hole before it is required. When a road-kill close to home is found, inter it and place a transplant on top. Almost all of our orchard trees have received an unfortunate wildlife donation and do very well. This practice reduces disease and pollution on the roadside, deprives feral foxes and pigs of a food source and gives the deceased a decent burial. Besides, why waste good natural blood and bone ?



## KEEP PONDS CLEAR WITH STRAW

British researchers have found that straw can reduce algal growth in ponds. Barley straw works best, and about 100 g for each square metre of water surface is

suggested. The straw can be placed in bags, together with something buoyant to keep the bags floating where the algae tend to grow. ♀

## The Permaculture Research Institute

[www.permaculture.org.au](http://www.permaculture.org.au)

PRI is a nonprofit corporation involved in global networking that offers solutions to local and global ecological problems and an exciting farm design in process. Permaculture design planning and implementation on 66 acres of partially cleared ex-grazing country with interesting diverse ridges and valleys leading down to 800-metre frontage of the culturally famous Terania Creek. The property adjoins The Channon village, gateway to the Nightcap National Park and well-known Channon country markets. Subtropical location in northern NSW, 20 minutes drive to Lismore, 45 minutes drive to Byron Bay, Australia's most easterly point.

## Permaculture Design Certificate Courses

Geoff and Sindhu Lawton teach the PDC course. They offer a very dynamic and inspiring 72-hour two-week course in sustainable living systems design for all climates and landscapes. This course is renowned for its international students and for producing global activists with design skills. Learn how to integrate organic food production into the broader context of sustainable human settlements. Attaining a PDC is a prerequisite to obtaining a diploma in Permaculture Design, which requires two years practical application of Permaculture in a range of disciplines.

## PDC Course Dates

**2001 – 2002**

Jan 13 – 26th, 2002

Mar 3 – 16th, 2002

May 5 – 18th, 2002

## Onground Training Camps

A two-week course that follows each PDC, this course is experience based in advanced Permaculture system establishment and implementation. PRI coordinates international projects and operates a global networking facility.

## The Permaculture Research Institute

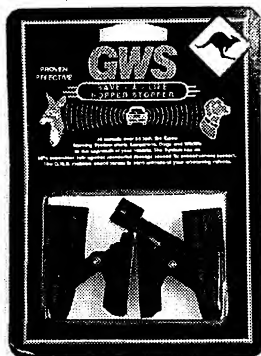
ACN 082 472 302

Ph/fax: 02-6679-3275

Email: [pri@permaculture.org.au](mailto:pri@permaculture.org.au)  
PO, The Channon, NSW 2480,  
Australia

## ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.



### WILDLIFE AND VEHICLE PROTECTOR

Collisions with Australian wildlife can be costly and upsetting. Two simple devices can be fitted to your vehicle and both, separately or together, can save lives, money and inconvenience. The Game Warning System (GWS) Save-a-Life Hopper Stopper is wind activated and radiates high frequency sound waves to warn animals of your oncoming vehicle. Animals appear to stop what they are doing and observe the vehicle, or move away from the oncoming noise. The second device is the electrically charged GWS 2 Hopper Stopper. This is

wired to the battery and is effective from 500 metres away by producing both sonic and ultrasonic frequencies that alert animals of your vehicle's approach.

The wind-activated GWS retails for \$25 and the GWS 2 retails for \$90.

**For more information contact: Adrienne Gaha-Morris, Ausus Import Export, PO Box 6069, Silverwater 1811. Ph: 02-9647-1133, or mobile 0409-795-930.**

### ORGANIC STOCKFEED

A family owned company in Highfields, Qld, is one of the first stockfeed mills in Australia to gain certification with Biological Farmers of Australia and also Organic Food Chain. Feeds are manufactured strictly according to the guidelines of a qualified stockfeed nutritionist, and the mill is regularly audited to ensure absolute integrity of the organic system and product. Products are available for poultry, rabbits, pigs, goats, sheep, llama, ostrich, horses and cattle. Feeds are available in 40 or 25 kg bags or can be bulk delivered direct to the silo. With increasing interest in the marketplace for pure, clean and healthy food, organic methods are gaining popularity. The initiative and commitment of Country Heritage Feeds in sourcing and supplying a range of appropriate products so organic farming is possible deserves recognition.

**For more information contact: Country Heritage Feeds Pty Ltd, MS 2234, Highfields Rd, Highfields 4352. Ph: 07-4630-8571, or fax: 07-4630-8926, email: heritagefeeds@bigfoot.com**

### HOMOEOPATHIC FIRST-AID KIT

Homoeopaths, a long-time Australian supplier of specialist kits to the industry, has now developed an 18-remedy homoeopathic first-aid kit for general use. The kit comes in a lightweight, moulded plastic box measuring 200 x 120 x 30 millimetres, with die cast foam inserts to protect the vials of pilules and can be easily carried in a bag, or the glovebox of the car. The kit covers a wide range of acute ailments and an easy-to-use, fully comprehensive self-prescription manual is included with each kit, making the treatment of illness or accident a straightforward and simple procedure. There are obviously no nasty side effects. Possible treatments include coughs and colds, bites and stings, childhood disease, dental problems and hangovers. The kit is available by mail order for \$40 (including postage and handling).

**For more information contact: Homoeopaths, PO Box 814, Airlie Beach 4802. Ph: 07-4946-4674.**

### GREENWELL WATER SAVERS

Greenwell Water Savers are reusable plastic wells designed to contain and conserve moisture around small plants. They provide an ideal microclimate, and are great while trees, shrubs or roses become established. Greenwell acts as a barrier so plants are protected from weed invasion or invasive grasses, and mulch is not scattered all over the garden by the birds. It has a 26-litre water capacity, and there is no wasteful runoff and little wind evaporation – water, mulch and fertiliser are held within the tree root zone. The well's top diameter is 430 millimetres, the base diameter 495 millimetres and height 190 millimetres, and it can be positioned at various heights. Greenwell's design means it can be opened and closed easily, and, with a watertight seal and durable UV stable plastic design, it can be used over and over. In trials of this and similar products at the University of Adelaide, plants grown in the Greenwell had the greatest height and the fewest weeds. Greenwell is available at good garden centres for about \$10.

**For more information contact: Brian Measday, 15 Braemar Rd, Torrens Park 5062. Ph: 08-8272-1217.**

### WATER WAND

Norm Ladson's new water wand will help save water in the garden this summer. It features a convenient on/off thumb switch just above the handle which enables the click-in hose fitting at the end of the wand to be easily interchanged with any standard click-in hose fittings. The 40 cm wand is fitted with a six spray pattern detachable nozzle and the patterns can be selected by rotating the nozzle head. The wand is lightweight and sturdy, making it suitable for use by all ages. It has a convenient hanging hole for storage. This product is available for around \$20 from Plants Plus Garden Centres, Home and Thrifty Link hardware stores.

**For more information contact: Norm Ladson, 52 Clifton St, North Balwyn 3104. Ph: 03-9857-5838.**



## RECENT RELEASES

Titles described can be ordered through your nearest bookstore.

### GARDENS IN AUSTRALIA

**Sarah Guest**

This is a beautiful coffee table book for someone special this Christmas – how about yourself? It explores the diverse gardening styles that happily coexist in Australia. Despite the extremes in climate, we have learnt to adapt to nature and some of us have certainly created stunning gardens. There are 27 gardens explored, each one displaying a different style. The photography is wonderfully atmospheric and the stories attached to each garden inspire warmth and admiration. Guest is one of Australia's most well-known gardeners. Simon Griffiths' sought-after and eye-catching photography has already been seen in works by Paul Bangay and Stephanie Alexander.

**H/b, 236pp, New Holland, 14 Aquatic Drive, Frenchs Forest 2086. Ph: 02-9975-6799. RRP \$69.95.**

### THE ASTROLOGY GUIDE 2002

**Alison Moroney**

This practical guide to the year ahead covers detailed date-specific predictions for each zodiac sign on everything from love and family through to finances, health, home, employment and more. There is a wheel chart to work out your ascendent sign, which should be read in conjunction with your sun sign. For anyone who likes to place a bet, there is a substantial section on racing tips for international horse races. There is a table to help you identify the best time to buy your lottery tickets, and another to pick the best fertility cycles if you are planning a pregnancy.

**P/b, 330pp, HarperCollins Publishers, PO Box 321, Pymble 2073. Ph: 02-9952-5000. RRP \$19.95.**

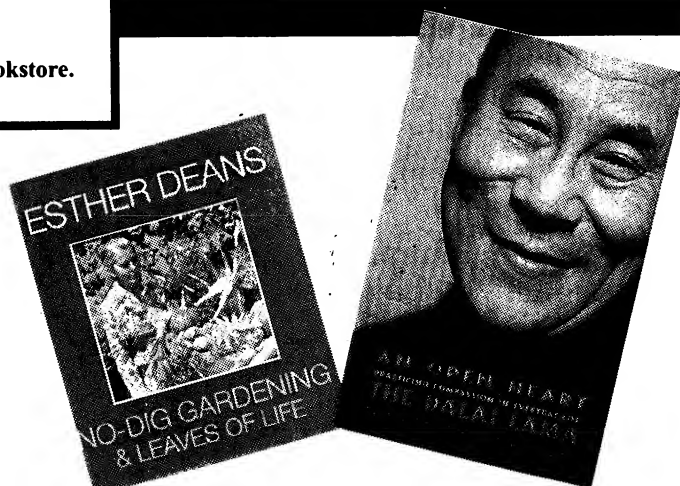
### ORDINARY PEOPLE, EXTRAORDINARY LIVES

**Inspiring Stories from Rural Australia**

**Margaret Carroll**

This publication celebrates our Centenary of Federation, and includes a foreword from the Governor General. The author has spoken with a diverse group of 18 rural Australians from right around the country about their lives and communities. These people are all modest about their achievements, but in many ways they are pioneers – in health, environment, reconciliation, or other initiatives that benefit the land and the community. The personal portraits are inspiring and demonstrate the courage and dynamism that have inadvertently gone into shaping our heritage. We learn about John Thompson and his work with trees, Jack Little's Aboriginal health initiatives and Margaret Carnegie-Smith who did so much to combat leprosy in the Northern Territory, to name but three.

**P/b, 208pp, New Holland, 14 Aquatic Drive, Frenchs Forest 2086. Ph: 02-9975-6799. RRP \$24.95.**



### NO-DIG GARDENING & LEAVES OF LIFE

**Esther Deans**

This handy little book combines this well-respected gardener's two timeless classics into one. The use of straw, hay and paper to make a no-dig garden has been an inspiration to many over the last 25 years and this publication will introduce more of us to her ideas. Her writing covers the therapeutic benefits of gardening, growing vegetables and herbs, teaching children to enjoy the garden, pest control, seed and soil selection using dowsing, and there are even some tasty recipes to try.

**P/b, 160pp, HarperCollins, PO Box 321, Pymble 2073. Ph: 02-9952-5000. RRP \$16.95.**

### AN OPEN HEART

**Practicing Compassion in Everyday Life**

**The Dalai Lama**

In 1999 the Dalai Lama visited New York and spoke to an audience of 50,000 at Central Park. This book distils his message to them about compassion, and sets out practices to help us develop this quality within ourselves and our lives, while tempering impulsive and destructive emotions. Some of the discussions cover the desire for happiness, karma, the material and immaterial world, cultivating equanimity and wisdom.

**P/b, 189pp, Hodder Headline Australia, Level 22, 201 Kent St, Sydney 2000. Ph: 02-8248-0800. RRP \$24.95.**

### THE BATTERSEA PARK ROAD TO ENLIGHTENMENT

**Isabel Losada**

This is an irreverent and frequently very funny story about the self-discovery market. The author is exercise allergic, loves her junk food and is a self-confessed sceptic, but wants enlightenment. She starts with an insight seminar, and travels on to rolfing, tantric sex, rebirthing, even trying a spot of colonic irrigation along the way. The desire for self-awareness is universal and Losada's story is ultimately moving and illuminating.

**P/b, 246pp, Bloomsbury, c/- Allen & Unwin, PO Box 8500, St Leonards 1590. Ph: 02-8425-0100. RRP \$19.95.**



### GISS GUIDE TO CAT CARE

Steve Duno

This is the Rolls Royce guide of guides when it comes to caring for your cat. Pictures and layout in Dorling Kindersley books are always good and this is no exception. There are helpful boxes and symbols to emphasise important points, web links or definitions. You'll find out all about the history of cats, dealing with any problems, making your new cat feel at home, and maintaining its health, all in a simple but thorough style. Other subjects in the Keep it Simple Series include weight loss, astrology, gardening, feng shui and photography.

P/b, 253pp, Dorling Kindersley, c/- Penguin Books, PO Box 257, Ringwood 3134. Ph: 03-9871-2400. RRP \$29.95.

### CHASING IDEAS

The Fun of Freeing your Child's Imagination

Christine Durham

Probably the greatest gift we can give our children is to encourage and teach them to think for themselves. This can raise their self-esteem and confidence considerably; it's also creative and enjoyable. The author guides parents and teachers through simple strategies they can carry out with children to expand thinking. Useful keys and tools are demonstrated; for example, numerous issues that can be discussed around the subject of bread are illustrated. Durham has been teaching school children thinking skills at workshops for 10 years, and has more than 20 years experience teaching children to think for themselves.

P/b, 182pp, Finch Publishing, PO Box 120, Lane Cove 1595. Ph: 02-9418-6247. RRP \$22.95.

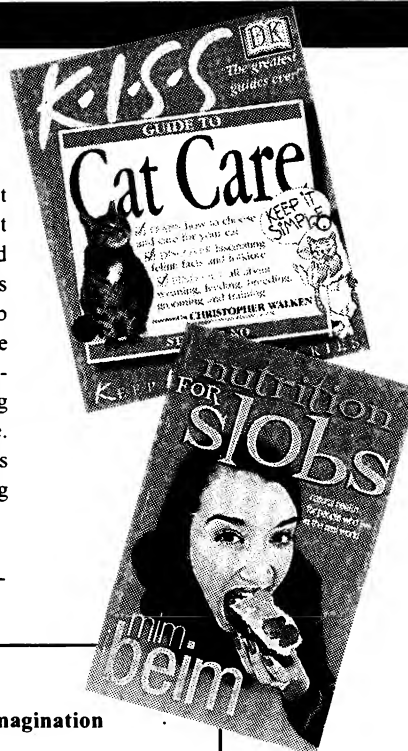
### FERAL FUTURE

The Untold Story of Australia's Exotic Invaders

Tim Lowe

This challenging book poses some scary ecological consequences for Australia if exotic species are allowed to continue invading our environment at the present rate. The author believes bio-invasion poses a greater and more ominous threat than greenhouse gases, industrial pollution and ozone depletion. He cites foxes, rabbits, toads, wild pigs, and the fungal diseases phytophthora and chytrid fungus as real dangers to this country. Some of Australia's exported pests are outlined too - for example our wattles are sucking the water out of Cape Town and the brush-tail possum is New Zealand's worst pest. His writing is accessible and backed up by scientific data; there is also a detailed bibliography and source notes.

P/b, 394pp, Penguin Box 257, Ringwood 3134. Ph: 03-9871-2400. RRP \$22.00.



### LUCKY DUCKS

Companions in the Organic Garden

Phoebe Thorndyke

Here's someone who obviously loves her ducks and gets an immense amount of pleasure from their company. She lives in a small inner city home and her ducks are an important addition to her organic garden, while saving money and contributing to a balanced life. Readers will find out how to select the right duck, build a beautiful shed and cater to their new friends' every need. You'll discover which garden areas to zone off as Thorndyke lists plants that ducks love. But the benefits ducks bring to the garden far outweigh any inconveniences. This book is about more than ducks - garden planning and management are covered in detail too.

P/b, 107pp, Hyland House Publishing, PO Box 122, Flemington 3031. Ph: 03-9376-4461. RRP \$17.95.

### NUTRITION FOR SLOBS

Natural Health for People who Live in the Real World

Mim Beim

Thank goodness for a realist who understands that many of us pleasure seekers take our enjoyment seriously and value the quality of life over the quantity. Beim's advice is sensible and humorous. She outlines the benefits and risks of overdoing goodies like chocolate, alcohol, drugs and coffee, and gives a no-nonsense approach to enjoying these simple pleasures while maintaining good health. You can find out how much exercise is enough and some good tips about eating well (and enjoyably) at home.

P/b, 264pp, ABC Books, GPO Box 9994, Sydney 2001. Ph: 02-9950-3982. RRP \$24.95.

### A WILD LIFE

Bringing Up a Bush Menagerie

Mare Carter

The Carter family moved from the city to the NSW south coast in the 1950s. They established a safe place for their family and learnt to farm, grow vegies and rear cattle. Over the years their home became a place for orphaned wildlife and the Carters had to find ways to feed animals and house them so the family home was not destroyed. Carter has many great anecdotes to tell about some of the special animal friends they have cared for, not to mention the family. Today the farm is known as Wild Country Park and receives over 25,000 visitors each year.

P/b, 340pp, Bantam Australia, c/- Random House, 20 Alfred St, Milsons Point 2061. Ph: 02-8923-9831. RRP \$29.95.



## DOWN HOME ON THE FARM

by Megg Miller.

It's 6pm and the noise in the poultry yard is deafening. Geese are milling around murmuring uneasily and guineas are rushing up in twos and threes, shrieking with alarm. They're all sure a strange sheep has been let loose among them, but in reality it's the new look Maria Maremma. She's just returned from a day at the local vet where she endured a coat clip and nail trim. She looks most unusual, a strange cross between a shorn sheep and a coiffured show poodle, and nothing like the familiar shaggy creature she was. Maremmas generally shed their coat when the temperature starts to rise, but as this doggie has grown older her system has slowed down and she's tended to carry her thick coat well into the hot weather. A recent warm weekend left her heat stressed and unwell, and so, to keep her happy and healthy and able to work, I booked her in at the vet's for some special attention.

Maria is intolerant of any invasive handling, probably because when she arrived more than ten years ago the fashion was minimal handling of the breed. She lives by the maxim 'you can't teach an old dog new tricks' and has a short fuse when it comes to pain, even when muzzled. It's easier now she is elderly (as the vet eloquently described her) to take the line of least resistance, so I was grateful that she was mildly sedated and trimmed and clipped in readiness for the oncoming summer. Hopefully too, with neat feet there will be no problems with grass seeds getting caught and working their way to the top of her foot as happened last year. She may be an old dog and puff like a steam train as she rushes around at night, but she's invaluable for fox protection.

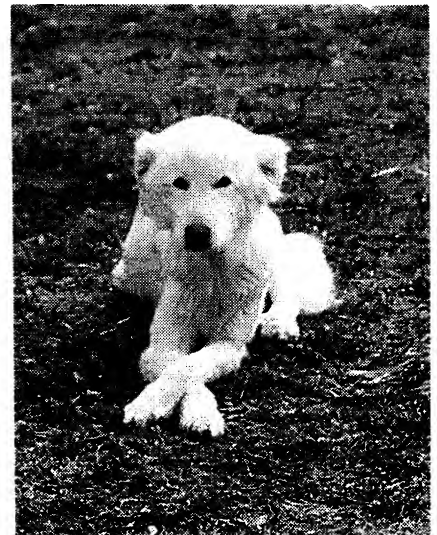
Reynard dominates conversations wherever I go. There must be a bumper crop of foxes wandering around this year because normal protective measures don't seem to be keeping them at bay. Neighbours have been cleaned out of fowls and even Suni has lost a couple of the little bantam hens she inherited at her weekender, taken from their nests as they were sitting on eggs or chicks in a shed. A sad pile of feathers in the garden announced their demise. I spent hours fortifying some old hen houses



this week after a much treasured Dorking rooster miraculously escaped Reynard's clutches. The fox discovered that a low branch in an old peppercorn tree provided a handy springboard into the poultry yards. Yes, I was remiss, the door hadn't been locked and was an open invitation to a hungry fox. We were lucky; the terrified rooster screamed at the top of his lungs, non-stop; the geese trumpeted loudly; Maria took off barking and the nervous fox fled with nothing but tail feathers. A generous application of wire netting and tie wire has secured risky spots and a few hastily constructed doors to replace old broken ones have increased the poultry's safety considerably.

The geese, observing all the quick-fix protective solutions, decided the opportunity for promulgating their species was not worth risking life and abandoned their nests almost en masse. No doubt they were aware of the close proximity of the fox and suffered great terror. I'm relieved there won't be many more goslings this year. The flock did manage to bring out at least 30 - 40 little ones, most finding a ready home at a friend's where diligent pairs of geese sat and sat with little success. I hope the very last for the season hatched this past weekend. The proud father has been so protective I'm not sure how many are nesting under

The heavy winter coat (above), has gone and now Maria is a cool, svelte but funny looking dog.



the goose's wings. It's too hot and too dry and too late in the season now for more to successfully hatch. Anyway, the adult flock is a real handful at present and more numbers added to it would create further trouble. Why are geese so smart and so cunning? No more thinking, scheming birds please!

Thank goodness I have a garden I can escape to and pretend I don't own any poultry at all. The perennials and herbs are flowering and looking a picture and I have my fingers crossed that

some architectural cardoons will bloom this year. These are a close relation of globe artichokes and grow to a metre or two, looking spectacular with their grey spiny leaves. A lot of the species I've selected have silver foliage because of their drought tolerance, and what I plant has to be hardy and thrive on neglect. Recently Suni and I treated ourselves to a nursery crawl – 'just looking' we assured ourselves. Sale day at Myer couldn't have held more appeal and we drove home that evening with a car full of horticultural bargains. Mine are still languishing in the bath; just hope there is a spare evening soon to transplant them into large pots prior to planting out or they will think they're indoor varieties. The gosling brooder box has been moved from the bathroom; now if I can get rid of the trees and tomato plants, the room can be returned to some semblance of order.

There is no point in thinking about long, luxurious baths, water is becoming scarce. The house tanks will probably last the summer if carefully managed, but livestock supplies are very low and I'll be ordering a tanker load delivery of water in a few days. The promised spring rains were light and the dam hasn't been replenished, so the geese will be drinking expensive water. Pity help any bird that tips over full containers or considers it their right to swim in it.

I'm lucky – as is Suni – that my garden is in town with water on tap. Suni has put in summer crops that look most impressive, but by the time I pick snow peas and broad beans, buckets of them, I can't face the thought of lots of tomatoes or zucchinis. The broad beans have been fantastic – nothing equals their flavour when freshly picked and cooked. I'm starting to get that shifty look, however, when everyone I meet is evaluated in terms of how many beans (or eggs or whatever) they will take. Just a few more weeks of beans, beans and more broad beans and I'll be happy to forget them for another year.

What is going to be wonderful about the oncoming warm months is that the grass will dry off. It will be too dry to grow. Every weekend I've had to cut grass, either guiding the hand-mower or monotonously going up and down the paddock on the ride-on. Mow, mow, mow. Before spring Marcel, Suni's partner, and I had long discussions on



The highly prolific broad beans.

cutting grass. 'Once a month, Megg, I'm not spending every weekend behind a lawnmower.' Famous last words! Now we talk about using a brushcutter to knock the really long stuff over, or getting someone to slash. We sound like seasoned farmers and estimate the weeks and number of cuts till it all dries off. Honest, you miss two weekends and suddenly it's almost chin height. It will be great to have the out-of-control areas tamed once again so you can see if there's a snoozing snake ahead and feel confident you're not in the midst of a fire hazard.

With Christmas so close I'm going to have to plan and purchase. Instead of mowing it will be shop, shop, shopping. It will be fun finding garden and household gifts for Suni and Marcie, although we won't be celebrating at their weekenders. Maybe next year. I've got lots of catching up with god (and goddess) children and close friends. I thought for once too it might be appropriate to consider some New Year resolutions. Nothing too fancy, just some practical promises like always lifting up the ride-on blades when going over polypipe and taking the time to look for, and move, hoses before mowing. It's hard to find a decent length of hose in my garden that hasn't turned into a 'soaker' with a million little holes. Taking time off keeps popping into my head too – now that's really appealing. Season's greetings to you all. ♡



## PENPALS

Recently widowed 70-year-old would like pen friends. Either sex.

**Verna (GR148),**

**C/- PO Box 117, SEYMOUR 3661.**

I am a 14-year-old, home-educated girl and I am willing to correspond with any female over 14, with like-minded interests, which are: classical, Scottish and Irish music, good books, doing jigsaws, gardening, cooking, drawing and receiving letters. Looking forward to hearing from you.

**Talia (GR148)**

**C/- PO Box 117, SEYMOUR 3661.**

My name is Oliver. I would like a penpal. I am eight and I like cooking, gardening and basketball, drawing and pets.

**Oliver (GR148)**

**C/- PO Box 117, SEYMOUR 3661.**

Hello, my name is April and I am 7 years old. I live by the beach near Port Lincoln, SA. I like playing with my puppy, reading and drawing and camping.

**April (GR148)**

**C/- PO Box 117, SEYMOUR 3661.**

Hey, groovies, my name is Emily, I'm a home-birther, home-schooler and I don't vaccinate my two beautiful kids, Rain three years and Indigoe one year. I'm also happily married to Toby, he's fantastic. I'm really enjoying raising my kids in a happy and healthy environment and that takes up most of my time. At the moment I'm crocheting a rainbow rug.

**Emily Flavell,**

**47 Forsythe St, BANKS 2906.**



### Australian Miniature Cattle

- **The Affordable Alternative** -  
FOR MILK, BEEF OR JUST PLAIN PETS



**Donna & Hugh Anthony, Kyrhet Stage Co**  
131 Old Coach Way, Yandina. Q. 4561.

Ph: 07-5446-7049

Email: [kyrhet@bigpond.com.au](mailto:kyrhet@bigpond.com.au)

Website: <http://minicattle.virtualave.net>

# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 85 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send **with payment** to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 149 is 20th December, 2001.** Please do not fax ads.

Sender's Name ..... For issues no/s .....  
 Address ..... Classification .....  
 ..... Postcode ..... Cost .....

**Cost for advertisements is 85c per word**

## PROPERTY FOR SALE

### NEW SOUTH WALES

**FORTY KILOMETRES NORTH OF LISMORE, NSW**, share on estab MO, cottage, r/forest bordering nat pk, perm crk. \$35,000. Ph: 02-6689-0211.

**REDUCED TO SELL:** Bush block, mid nth coast NSW, 19 km west of Bowraville, 80 km south of Coffs Harbour, 119 ac, well timbered, perm crk, natural springs, smi pockets of r/forest, several home sites, power & ph avail, steep to mountainous at back with state forest boundary. \$53,000. Ph: 02-6568-8292, or 0438-688-215.

**GUYRA - WIWO HIGH COUNTRY LIVING** 40 km from town (701 ha), 1734 ac basalt & traprock soils, generous stands of stringybark, box, apple, gum, ironbark timber with mill & firewood capabilities. Currently watered from 2 semi-perm crks & dams, 11 paddocks. Brand new 3 b/r Hardiplank home with generated power, fully carpeted, wood stove, 2-stand shearing shed with adjoining yards & plunge dip, 3-bay (12 m x 7 m) machinery shed & garden shed. WIWO price incl approx 700 fine wool sheep, crawler tractor, Polaris 4 x 4 bike, Kohler 7 KVA generator, fully equipped shearing shed, fencing materials, tools. Price: \$1,235,000. For details ring David (agent): 02-6779-1187 AH.

**FAR NORTHERN NEW SOUTH WALES**, 1 ha, at Ettrick, 20 km from Kyogle. On perm crk, flood free. Dwelling (2 old sheds), power, ph, water tank. \$42,000 ONO. Ph: owner, 08-8981-1238.

**KEMPSEY HAS IT ALL:** beaches, river, mountains; 40 mins to Port Macquarie, bushpole, timber home, 3 bed, verandahs, 2 1/2 timbered ac, dam, wildlife, safe from floods, town amenities, 10 mins to town, 20 mins to beach, 2 km to school, on tar road, great neighbours. \$109,500. Ph: 02-6562-8854.

**DORRIGO**, 60 km Coffs Harbour, neat 2 b/r cottage, 3/4 ac, rich soil, f/trees, World Heritage area, very scenic, good r/fall. \$74,500. Ph: 02-6569-9286.

**BOMBALA** 3 b/r older style home on 3 1/2 ac of land, 5 mins walk to shops & club. Ideal hobby farm. Ph: Dot Williams, 02-6494-2193. POA.

**BINGARA**, join the growing ecotourism industry; 15 ac hideaway overlooking town, 3 b/rs, open plan living. Sunken bath, solar hot water, s/c/wood heater, mains power. Views over Gwydir Valley. Shed 6 x 6 m & cow bale. Rich in avi-fauna, adjoining state forest. \$135,000. Ph: Paul, 02-6771-4132.

**COONABARABRAN**, 1500 ac, 200 cleared. Freehold, 2 b/r fibro house, solar light & water, modern bathroom, 2 sheds, 4 dams, 10 paddocks. Suit organic enterprise, incl 98 HP tractor, plough etc (no debts). WIWO: \$200,000 ONO. Ph: Colin, 02-6842-8201, or Maggie, 02-9743-0907. Email: Maggie@Guardianangels.com.au

**INVERELL**, neat 3 b/r cottage, lge steel shed on 5 ac. Close to town and golf course, handy to shop. Subdivision potential, town water avail. \$119,000. Ph: agent, 02-4997-3291.

**BETWEEN KYOGLE & CASINO**, 5 ac, power, ph, fenced. Name your price. Ph: Kevin, 02-9746-1617 after 6pm.

**TUMBARUMBA**, rural, on 4 ac, 5 mins from town, elec, water, older style 4 b/r cottage, few repairs, suit handyman. \$65,000 ONO. Ph: 02-6948-2468, mob: 0414-650-158.

**DUNOON** (Lismore 21 km), 5 ac, red soil, gentle slope, organic veg, nuts & 28 varieties of fruit, native trees, grass. Three b/r house, lge verandah, c/port, solar HWS, woodheater, sheds. \$199,000. Ph: 02-6689-5035.

**MID NORTH COAST**, Bowraville, 177 ac prime organic land, backs onto state forest, r/forest pockets. Organic last 22 years. River frontage, swimming holes, 3 b/r Queenslander timber house. Gas/wood stoves, 70 different varieties of fruit/nut trees, 3-phase power, 2 ex-dairy bails, barn, 7-bay shed, school bus, mail past door. Peaceful, private, 20 km town, 35 mins beaches. \$280,000. More details: 02-6564-4067.

**BOMBALA, NSW**, brick house in quiet area, 0.809 hectares (2 ac). Two b/rs with 3 rooms extra off verandah. Wood heating, gas stove. Walking distance to shops. Have moved with job, must sell. \$68,000. Ph: 03-5154-2797 AH.

**DORRIGO, NSW**, beautiful bush house 12 km west of Dorrigo, private 3 b/r, leadlight, mains power, ph, water, excel soil, borders Little Murray River. Also, 2-storey, 3-room, 'shed', 1/2 share of MO on glorious 44 ha property. Urgent sale - reduced to \$50,000. Ph: 02-6652-1427.

**NORTHERN NSW**, 4.3 ha, great block, NE aspect, end of valley, at Border Ranges Nat Pk, perm crk, plenty of palms, wildlife, forest, in well estab hamlet under company title. \$55,000. Ph: Jo, 02-6679-3445.

# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**AUCTION:** Sat 15th Dec, 2001. Eastern Escarpment, tall timbers – tranquil stream, 193.5 ha (478 ac), undulating to steep bush country. Small areas cleared, frontage to Cells River, ph avail, no power. Caravan with lean-to. Off Oxley Highway 14 km, 4WD access only, adjoins nat pks, 90 km Walcha, 115 km Wauchope. A B Elder & Co Pty Ltd, Walcha, 02-6777-2187.

**FAR SOUTH COAST,** 1/2 share of 120 ac at Mt Darragh. Beautiful, all-year-round crk, liveable shed (6 m x 12 m) with phone on, 45 mins to Pambula beach. Ph: 03-5476-2238.

**ESCAPE THE CITY!** Cottage on 1 ac homesite, last avail site on 560 ac MO with only 13 sites, 3 hrs west of Sydney, 35 km from Bathurst. Beautiful views, good soil, estab garden, fences, dam, tank water, gas fridge/stove, wood heating. Property is half pasture/half natural bush. Unique opportunity this close to Sydney. \$75,000. Ph: 02-6352-2083.

**NORTHERN NSW,** Horseshoe Creek, Kyogle, cottage on 50 ac, 3 crks, 3 dams, waterfalls, swimming holes, perm spring, r/forest gullies, crk flats to plateau, views Border Ranges to Mt Warning. \$98,000. Ph: 02-6689-9217. Email: madhurananda@optusnet.com.au

**NORTHERN NSW,** pretty 5 ac, 2 crks & dam, r/forest gully, sandstone cliffs, mature trees, 15 km NE Kyogle. \$57,000. Ph: 02-6689-9217. Email: madhurananda@optusnet.com.au

**NORTH COAST NSW, LAWRENCE 2460:** Architect's own happy home, quiet street, rural ambience, 1/2 ac elevated level land, stunning views, 4 b/rs, 2 WC, 2 bathrooms, open plan kitchen/living area, good verandah, double garage/workshop. Local shops, school, amenities mins away. Easy convenient living close to fishing, boating amenities, river access to sea, surfing 15 mins drive. \$96,000 – some vendor finance. Private sale, photos avail. Ph: 02-6644-9214.

**MID NORTH COAST,** 11.92 ha (30 ac) of 'parkland', very peaceful & private, 3 b/r log house; open-plan living, fireplace, verandahs, garage. Sheds, variety of estab f/trees. Well-fenced tree-studded pasture, perm crk, dams. Lots of tree ferns, staghorns. School bus. Electricity, ph. Port Macquarie 30 mins, 15 mins beach. \$228,000. Ph: 02-6559-4559.

**ONE HUNDRED ACRES,** 50 km from outskirts Grafton, with lge shed, 3000 gal water tank, lge dam, crk, good cattle yards, approx 60 ac fenced, 40 ac native bush. Sealed rd to front with school bus transport, power avail. 50% cleared with good tree cover. Loads of potential, privacy plus. \$45,000. Ph: 02-6644-9093.

#### CHANGE OF ADDRESS

Please notify us of any change of contact details so we can redirect enquires.  
Call us on 03-5792-4000. ☎

**DEADLINES: GR149 – DECEMBER 20TH  
GR150 – FEBRUARY 28TH**

**NORTHERN NSW,** 62 ac, half-cleared, private, scenic bush retreat. 40' x 20' liveable kit shed on slab. Gas stove/fridge, lge wood heater, 5 KVA generator, building materials & more, 1500 gal tank, seasonal crk. Phone avail. Beach 70 mins. Genuine sale, \$58 K ONO. Kindly ph owners: 07-4659-7612.

**DRAKE, NE NSW,** 100 ac, half-finished, 13 m diameter pole house with liveable 'wing'. Used for weekends & holidays. Land is fairly square, well timbered with a summer crk with year-round water holes. \$65,000. For more details ring: 07-3355-2124 week nights.

**FAR SOUTH COAST NSW:** In the coastal hills inland from Eden, nat pks, rivers, crks, lakes, beaches, wildlife galore. Ecotourism, forestry, hobby farming, sell shares, whatever. Last sale in area 5 yrs ago was \$800 per ac. We are old & frail & need money so will sell 220 ac @ \$500 per ac & 120 ac @ \$650 per ac; ie: \$110,000 & \$78,000. Both bush blocks on river/crk. A bit less if you buy both! Maps and details on: 02-4784-1020.

**TUROSS RIVER,** 1 hr Narooma, 40 ac, secluded, river frontage, 30 ac cleared, 2 dams, 8 fenced paddocks, house cow. Fergie tractor & slasher, implements, sheds. House, 2 b/r with solar pnl, batteries, wood heating, hot water & cooking, gas fridge 220 lt. 240V gen, 12V charger, pumps etc. \$160,000. Ph: 02-4476-3972, or 02-4476-3187.

**GLENREAGH, NSW,** 1/2 share of 422 ac on council approved MO, 40 mins west of Coffs Harbour. Small mudbrick dwelling, solar, c/van, lge cement water tank, estab f/trees, work shed, vegie garden, use of communal implements – elec option. \$60,000. Ph: 02-6651-7645, 0421-365-691.

**MID NORTH COAST,** 225 ac, mtn, r/forest, 4WD access only. Mountains, river & ocean views. Large cabin/cottage with ph. Gas fridge/freezer, stove, hot water, solar & fuel stove, pot belly, 5 KVA generator, creek, fertile NE slopes, heavily timbered, lge trees, very private, 20 mins to town. \$180,000 ONO. Ph: 02-6582-0841.

**FAR NORTH COAST,** Tabbimoble, 55 km sth Balliua, 1/3 share in 800-ac, MO bordering Bundjalung Nat Pk. Unique hexagonal 2 b/r home with verandahs on 10-ac site, solar power, back-up generator, gas fridge & stove, s/c/heater, dam, water tanks, estab gardens, sheds. \$139,000. Ph: 02-6621-9884.

**HILLTOP HIDEAWAY, NYMBOIDA, NE NSW,** secluded approved MO dwelling on 1/2 share 100 ac, open forested ridges, r/forest gullies, diverse flora & fauna, nth aspect, steel construction with T&G timber floor, lge insulated verandah, sml solar power setup, inverter, gas fridge & stove, phone, septic, all-weather access, building materials for c/port/shed, furniture avail, 45 mins to Grafton. \$40,000. Ph: 02-6778-7406.

**DORRIGO MOUNTAIN,** northern NSW, 25 ac with crk, cottage & much more. \$65,000 ONO. Ph: 0408-113-596, or 0418-639-016 after 7pm.

**COASTAL LAND SHARING,** lge semi-wilderness property, 1640 ac, 3 km ocean, beach access through nat pk, 20 km nth Port Macquarie, river 2 km away, approx 180 ac of cleared land on gently rolling hills, 80 sites, no cats/dogs. We are 18 months into the project, with 60 members so far. Cost \$7000. Info/maps ph: 02-6566-0087, 02-6653-4601. Web: www.goolawah.org

**MILTON/ULLADULLA AREA,** south coast, 1/2 share in 100 ac born again Christian community. Beautiful 3 b/r home, huge dam, mach shed, solar, gen, mountain views, 25 mins town. \$115,000. Like-minded applicants appreciated. Ph: Ron, 02-4455-6744.

**LOVELY SMALL SECLUDED COTTAGE –** r/forest mtn setting, much wildlife. Good water supply, spring & tank. Wood chip heater, solar power, trop f/trees, school bus, + 2 ac share on MO, Channon/Nimbin area, main & 3 rooms. Price \$49,000. Ph: 02-6621-4981, or 03-9499-3463. Brigitte Zweng, 22 Clarice St, LISMORE 2480.

**FORTY KILOMETRES NORTH OF BATHURST,** 10 ha/25 ac, building permit, fully fenced, dam, magnif views, undulating to steep, upper part cleared, lower part timbered, never supered – suit organic, 1.5 km dirt rd, SE aspect. \$54,000. Ph: 02-6332-5965 week, 02-6337-7749 w/ends. Email: daking@lisp.com.au

**NEVILLE JACKSON'S 'SHANGRI LA'** is for sale, 36 km Inverell, bitumen access. Solar cottage 240V electric-start generator. American barn, mudbrick outbuildings, 207 ac, rates \$240 pensioner half. Private, peaceful, wildlife, dams, mild microclimate, healthy living, organic orchard, bemes, vineyard. Talk to Neville owner/writer soon. Price \$130,000. Ph: 02-6723-3459.

### QUEENSLAND

**THIRTY ACRES** with perm flowing spring-fed crk, cool 5 b/r home surrounded by trees, birds/animals with huge patio/entertaining area. Only 10 km from Charters Towers, education centre of nth Qld, on bitumen road/bus route. Newly fenced into 4 paddocks, owners selling big house due to grown-up family, but moving to adjacent block. \$135,000. Ph: 07-4787-7073.

**ECOLOGICALLY SYMPATHETIC,** self-contained house, 2 ha, landscaping, r/forest, SE Qld. \$150,000. Details: 07-5484-5383, 0248-845-383.

**MAKE YOUR DREAMS COME TRUE,** rental/purchase Monto hobby farm, 2.5 ha/6 ac, fully fenced boundary, separate house yard, 3 b/r house, 2 joined 40 ft x 20 ft demountable buildings for craft workshop/sales outlet or tourist accom, 40 ft x 36 ft lean-to shed, cow bail chook house fodder storage, 3 phase elec, 2 r/water tanks, elec bore feeding high level tank, 12 km from Monto on main rd to Cania Gorge Nat Pk. \$120,000. Ph: owners, 07-4613-0381. Website: www.c-link.com.au/Montohouse.html



# GRASSIFIEDS

## PROPERTY FOR SALE QUEENSLAND

**CIRCA 1920** 3 – 4 b/r Queenslander, new DLU garage, renewed wiring, plumbing, kitchen, bathroom, f/trees, garden, no sprays. Noosa 40 mins, 25 mins Gympie. Quiet town. \$94,000 ONO. Ph: 07-5484-5658

**INNISFAIL, FNQ**, modern 2-yr-old house with air conditioning set on 8500 m<sup>2</sup> (2 ac) with tiered gardens & r/forest walk to your own creek. A wildlife haven with views of Mt Bellenden Ker & Bartle Frere & its own spring water & well. Established f/trees incl mangos, passionfruit, tropical peach with many more & room for a sml orchard. Low rates (under \$500). \$150,000. Ph: 07-4067-6010.

**BOGANTUNGAN, CENTRAL QUEENSLAND**, 1.86 ha rich creek flats, 1 hr west of Emerald, in the beautiful Drummond Range. Electricity, town water, temporary dwelling, fenced. \$20,000. Ph: 02-4883-7575.

**ABSOLUTE PRIVACY**, can't be built out, 56 ac of selectively cleared rolling hills, 2 – 3 b/r house, screened-in verandah, lge farm shed, tractor & implements. Permit to pump out of crk, 3 dams & pump. Fertile soil. Eight mins to Gin Gin, 45 mins to Bundaberg. Ideal for sml crops. \$85,000. Ph: 07-4974-7147.

**MILLMERRAN**, 30 km from town, 22 ac, part cleared. Clearspan shed, plans to convert to home, septic, ph, power avail, sealed roads, school bus, water tanks, c/van, tractor, home lighting plant, chook yard, tool shed, garden sheds, lots more. Ph: 07-4695-4228.

**SIX ACRES**, fenced, dble Colorbond garage, dam, tank, 1 1/2 km to shop/school etc, 70 mins city, bit road. \$31,500 ONO. Ph: 07-4156-3152.

**TRANQUIL LOCATION**, 40 ac, furnished house, sheds, gardens, trees, dams, bore, pumps, yards, tractor, machinery, plus more. \$155,000. Ph: Warwick, 07-4667-4940.

**CONONDALE, PRIVACY & SECLUSION** are offered by this cottage-style 3 b/r home, 20 mins from the hinterland town of Maleny, 50 mins from the beaches of the Sunshine Coast. Western red cedar with open living areas, huge verandah with spa, f/trees, crk, wildlife, garage/storage shed. On 4 ac of forested land. \$168,000. Adjoining 2 ac also avail – \$48,000. View at <http://www.users.bigpond.com/sawest/> Contact: owner, 07-5494-4583, or 0416-148-624.

**MILLMERRAN**, 25 ac untouched bushland, corner block, 20 mins from town. \$15,000. Ph: 07-4695-4104.

**STANTHORPE DISTRICT**, 60 km west, 212 ac f/hold + flood lease, hilly country beside Pike Crk. Good views to Glenlyon Dam. \$115,000. Ph: 07-5465-4377.

**ONE-THIRD OF ABOVE BLOCK**, 1 b/r home, power & ph avail, 1 rd frontage, perm crk. Will swap for 3 – 5 ac with house, power & ph connected in Cooktown, Mt Molloy to lower Atherton Tableland areas. Will sell \$300,000. Swap \$250,000 with buyer paying survey & subdivision. PO Box 446, COOKTOWN 4871.

### PLACING AN AD? See page 74 for details

**IDYLIC LIFESTYLE**: Enjoy the tranquil ambience of this 1 1/2 ac retreat which overlooks r/forest. Sheltered, NE aspect, with easy-dig, grow-anything sandy loam soil. The cosy, lime-washed 3 b/r cottage is warm in winter, cool in summer. Situated on a quiet country lane, surrounded by larger properties ensures peace & privacy. This is a quality, safe area with friendly, caring neighbours. Only 5 mins drive to local shop, school, PO, train, Chenrezig Buddhist Centre, 10 mins to shopping centres. Situated in the beautiful Eudlo Valley. \$162,400 to \$174,500. Ph: 07-5478-8855.

Email: careofearth@ozemail.com.au

**PROSTON, HOBBY FARM**, 52 ac, fenced, cosy 2 b/r open plan cottage, gas & wood stove, septic, shower, power, ph, shed, tanks, 2 dams, 5 ac trellising & irrigation system, hothouse, c/van, schoolbus & lots more. \$52,000. Ph: 07-4168-9465.

**NANANGO**, 5 fenced treed ac, dam, spring-fed bore, tanks, good soil, irrigation, majestic renovated Queenslander, secluded, 3 enormous b/rs, 2 bathrooms, 3 toilets, huge kitchen, wood-heater, fans, robes, wide verandahs overlooking farmland. \$115,000. Ph: 0417-072-108.

**ONE THOUSAND ACRES** (404 ha) f/hold, 46 km nth of Cooktown. Red soil to sandy loam, mostly pesticide free – none used last years – 1/3 cleared. Two homes, one lge shed, 2 small. Power to 1 house, ph avail. Areas of scrub/r/forest, birds, wildlife. Primary school, store, clinic, airstrip 5 mins. Ideal for community, 3 rd frontages, plentiful water. \$750,000 not neg. See below. PO Box 446, COOKTOWN 4871.

**FORTY-ACRE** elevated bush block – Paradise Waters – Miriam Vale, Qld. Fences, power, 1 hr Bundaberg, 10 mins Rules Beach. \$30,000. Ph: 08-8932-1305.

**KOOKABURRA PARK**, Bundaberg, Gin Gin Rd, Qld: Rural lifestyle village. Country living with all mod cons. Close to all schools & shops. Underground power, ph, supplementary water. 360 ac private park with lakes & wildlife abundant. New release 2087 to 5313 sqm f/hold allotments now avail. Priced from \$32 to \$40,000. Ph: Barry or Christine, 07-4157-2850. Web: [www.kookaburra.eco-village.com.au](http://www.kookaburra.eco-village.com.au)

Email: [barry@kookaburra.eco-village.com.au](mailto:barry@kookaburra.eco-village.com.au)

**HERVEY BAY AREA**, 160 f/hold ac, price drop again – must sell, private sale. Hervey Bay 70 km, Brisbane 270 km, wildlife, mill hardwoods crop significantly fenced, uncleared, undulating, perm crk, 34" rain, hut, dam, tank, power avail. \$85,000. Visit, enquire, reverse charges: 07-4128-4617 AH.

### NO ENDORSEMENT

Grassifieds are accepted in good faith, however, Grass Roots Publishing P/L does not necessarily endorse products and services advertised herein.

**SECLUSION OR RETIREMENT**, 30 ac bush west of Brisbane. Council approved 2 b/r home with combustion stove, tanks, dam, generator power. Grow your own food. Goranba via Dalby or Tara. You see you buy. \$40,000. Ph: owner, 07-4665-3669.

**GIN GIN, HALF HOUR TO BUNDABERG**, 5 mins to town, this lge executive-style 4 b/r home features 2 lounge rooms, 2 bathrooms, spa bath, a/g pool on 25 ac, 3 dams, beautiful crk. Set up for 500 passionfruit vines or similar, ideal for horses, fantastic views across the valleys. Must sell, owner is moving. First to see will buy, well below cost. \$125,000. Ph: 0427-573-056.

**CHINCHILLA SHIRE**, 200 f/hold ac, 40 ac cleared, underground main line irrigation pipes, balance timbered. Fenced 3 blocks. Sandy loam, good soil, fruit, olive trees. Eighteen-megalitre bore, good drinking water, plenty water house, garden. Large dam, 3-phase power, ph, coolroom, 3-bay shed, some plant, chookhouse, horse paddock. Old wooden 3 b/r house, internal fireplace. Sealed road 45 km NE Chinchilla, free school bus past gate high school, primary 3 km away. Employment oppos nearby. Private sale, result of separation. \$140,000. Ph: 07-4622-2881.

## VICTORIA

**INVESTMENT AND EMPLOYMENT**, 232 ac bushland, 3 b/r house 1/2 built, 3 m verandah all way around, perm small lake in front, 6000 pine trees. Employment offered in other area for 1 or 2 people. \$88,000. Ph: 03-5587-7207, Edenhope area.

**NOOJEE NEAR WARRAGUL**, 6 ac bush, building site, shed, dam, sealed rd. \$43,000. Ph: 0421-206-807.

**BALLARAT AREA**, alternative lifestyle, wind-powered 23 sq Hardiplank home on 20 ac. Private, 3 b/r, BIR, en suite, huge kitchen, lounge, bathroom, family & dining areas, extensive pine features, 11,000 gal r/water. Huge dam, 4-dog run, 60 x 30 shed, organic garden. See to appreciate. Ph: 03-5346-1475.

## TASMANIA

**BRUNY ISLAND** 1/2 ac, nth facing, fantastic views, sheds, tank, trees. Excellent value, \$10,000. Ph: 03-6295-0025.

**HALFWAY BETWEEN DEVONPORT/LAUNCESTON**, 2 ac + home, perm water, fertile soil, organic gardens, f/trees & berries. Powered by 6.5 kW genny, 1/2 cleared, 1/2 bush, heaps of wildlife, suit self-suff. \$115,000 ONO. See <[www.australiarealty.com.au](http://www.australiarealty.com.au)> or call 03-6362-3510, 0419-564-456, 0408-171-901.

**ARTISTS COTTAGE** on 1/2 ac, 3 b/r, 2 storey, beautifully located, NE Tasmania. Offers between \$58,000 – \$65,000. Ph: 03-6354-2343. Contact website: [http://members.free2air.com.au/Tassie\\_Cottage.html](http://members.free2air.com.au/Tassie_Cottage.html)

**COTTAGE IN TOWN!** \$25,000 and balance by agreement. \$50,000 cash. (Business tenant if required at \$505 month.) Twelve mins ferry, airport. Ph: Tom, 03-6228-9730.

# GRASSIFIEDS

## PROPERTY FOR SALE

### TASMANIA

**NORTH-WEST TASMANIA**, 3 b/r brick cottage, 9.25 ha, 5 ha eucalypt plantation (12 yr old). Orchard, dam, 15 mins airport. Beautifully landscaped terraced gardens. \$155,000. Ph: 03-6445-4404.

**BREAM CREEK: SPLENDID RESIDENCE** on 16 ha/40 ac, east sloping seaward, magnific ocean views, 8 ac pasture, balance wet/dry schlerophyll habitat. Two dams, fire pump, elec fencing, 8000 gal water storage for house. Three b/r pole house, open living space, large Steelfire slow burner, wide verandah 17 m long/partially covered in Lazerlite. Half-completed studio with slab. Round yard, holding paddock & infrastructure materials galore. Beautiful setting, great vibe, 40 mins Hobart, 30 mins airport, 25 km from Sorell. \$200,000. Ph: 03-6253-5777.

### SOUTH AUSTRALIA

**BOUTIQUE MOTEL**, 8 rooms underground + owner's 2 b/r dugout + area for expansion ready to build. Comfortable income – estab reputation over 17 years. Busy, rewarding, creative lifestyle in one of Australia's most astonishing landscapes – Coober Pedy. Contact Michael Nance (Elders), 0419-294-141.

### WESTERN AUSTRALIA

**DONNYBROOK**, 30 km sth of Bunbury, 44 ac rolling hills, mixed pasture, woodland, adjoins forest. Rammed-earth pole house, 3 b/r, solar HW, 2 dams, seasonal crk, various f/nut trees & olives, chemical free at least 10 years. \$320,000. Ph: 08-9731-6399.

**KONDININ**, 22 ac hobby farm 5 km from town. Water connected. \$8000. Ph: 08-9889-1151.

## COMMUNITIES/SHARES

**AMISH-STYLE COMMUNITY**. Do you want to live in a 'Little Promised Land'? An Amish-style community is about to be set up in a remote coastal area of Tasmania. Its members intend living by easy-to-understand community rules based strictly on God's law. We are at present considering a large acreage that lends itself to fishing & organic vegie & fruit production. We invite those who desire the same to contact us at this early stage. As individual families we have witnessed so many casualties around us. Many of us have protected our families by home schooling our children etc, only to find our offspring can't find mates. Though we do advocate simplicity, for outreach purposes you may look up our website at: [www.littlepromisedland.com](http://www.littlepromisedland.com) If you're prepared to change your lifestyle & in faith live by the laws of God, we'd like to hear from you: E Morris, Little Promised Land Community, PO Box 1183, MARYBOROUGH, Qld 4650, or ph: 07-4124-9735, or 0427-224-886.

Email: [patriarchs@hotmail.com](mailto:patriarchs@hotmail.com)

**DEADLINES: GR149 – DECEMBER 20TH  
GR150 – FEBRUARY 28TH**

**SHARES IN ENVIRONMENT COMMUNITY** company, Brooweena Qld. Comes with a domicile licence & 10-ac allotment adj crk, 3 b/r home with solar power. \$35,000. The community has been operational for 27 years & owns a 1300-ac property with a total of 20 domicile licences. Next to Mt Walsh Nat Pk. Also 2 shares (10-ac allotment not chosen) for \$10,000. Ph/fax: Bernie, 07-4129-9032, or email: [bern33@bigpond.com](mailto:bern33@bigpond.com)

**PEOPLE WANTED FOR CO-OPERATIVE** community, NSW central coast, prospectus avail, monthly meetings. PO Box 585, WOY WOY, NSW 2256. <[mark@openwindows.com](mailto:mark@openwindows.com)>  
**CLARENCE RIVER & CATARACT RIVER JUNCTION:** Community estab 25 yrs. Select a 20-ac homesite & share 6400 ac. Nominated in Cataract Wilderness Area proposal. Mostly timbered, very beautiful, 2 hrs Lismore. \$25,000. Ph: 02-6666-1382, BH 02-6622-1952.

**NEW ALTERNATE COMMUNITY** starting, mid north coast NSW, modelled on Bundagen community (Coffs Harbour), 80 sites, near ocean beach & river. \$7000/share. See ad: 'Coastal Land Sharing' under 'Property NSW'.

## PROPERTY WANTED

**VENDOR FINANCE** arrangement, acres, water & dwelling, nth NSW. Ph: 02-4998-8226.

**WANTED VENDOR TERMS:** mature person requires house sml acreage with power & water on school bus/bus route, Cooroy/Gympie hinterland area. Ph: 07-5442-5312.

**FAMILY OF FOUR** looking for around 2 ac property with large enough home around Moruya NSW. No more than 2 – 3 km out of town. Preferably avail before start of 2002 school year. This family is on a budget. Ph: 02-9983-9306.

## FOR RENT/CARETAKER WANTED

**ACTIVE AGED PENSIONER/COUPLE**, n/d, country background. Enjoy simple country living, experienced with animals, close to town. Furnished cottage in exchange helping hand. References please. Ph/fax: 07-4691-1064 (After 7 pm). Write: 'Prospect Park', MS 1011, OAKEY 4401.

**HOUSEMATE/BOARDER** wanted for spacious home, beautiful rural property, 30 mins from Taree. No kids, animals, smokers. Mature working woman prefers like. Write with details to: Kathy, 426 Mt Coxcombe Rd, UPPER LANSDOWNE, NSW 2430.

### CHANGE OF ADDRESS

Please notify us of any change of contact details so we can redirect enquires. Call us on 03-5792-4000. ☘

**FOR RENT, TWO BEDROOM COTTAGE** for \$90/week + bond. Approximately 24 km from Gympie. References appreciated. Ring: 07-5486-7396.

**RETIRED COUPLE WANTED**, caretaking duties 1 hr daily, c/van supplied, en suite. \$30 weekly rent, 30 km from Millmerran. Ph: 07-4695-4104.

**LOW RENT, LOVELY** 1 b/r, self-cont country cottage, caretake garden, small horses, deer, wildlife. Suit couple, no children/pets/smoking. Ph: 07-5543-6329.

**ROOM FOR RENT**, suit responsible fem/male, 2-bed unit, Glenhuntly, close shops, transport & Monash Uni. \$110 per week + expenses. Ph: John, 0412-111-383, 03-9571-0332 AH.

## BUSINESS FOR SALE

**FARMSTAY, DARLING DOWNS**, lge pole/timber/corrugated iron practically designed home & store. Three self-contained cabins, sheds, c/van, animal pens. 640 ac fenced semi-cleared cypress & ironbark country. Town 20 km. Ph: 07-3801-1578.

Visit: [www.thedarlingfarmonthedowns.8m.com](http://www.thedarlingfarmonthedowns.8m.com)

**WHOLE SOME HOUSE**, Deloraine, Tasmania, wholefood shop, estab 10 years, long lease, middle of town. Regular customers & tourists, backpackers – interesting people! Picturesque Deloraine services an artistic and alternative-minded community. The business could be managed by one, but ideal for two, on a time-share basis. \$35,000 + SAV. Ph: 03-6362-3551, 03-6368-1312.

**GENERAL STORE NEW ENGLAND** area NSW, GTO. \$280,000. Res/shop, WIWO. \$195,000 incl stock. Ph: 02-6734-7342, or 0410-416-150.

**BECAUSE WE'RE OFF TO VIETNAM** soon to help the 3rd world kids, the 3 Sisters tea & coffee lounge is for sale. Our exclusive teas (81 of them), good coffee & simple menu makes this place in the BLUE MOUNTAINS your next stop to visit. We have mail order teas for social occasions to medicinal purposes. \$160,000. Training provided. Kindly ph: 02-4782-1544, fax: 02-4782-6911. Ask for Angela.

## WANTED TO RENT/CARE-TAKE

**HOMEOWNERS**, daughter, pets require acres on coast, preferably no further than 300 km south Nimbin. Available to caretake/rent/swap farms Dec – Mar, possibly longer. Ph: 02-6689-1043.

**SHARE RENT** with young couple, gorgeous 2 yr old & babe due in Feb! Seek to share a house with other vegetarians in Sydney. Call Rene & Aaron, 02-4782-2450, or 0414-755-556.

Cost of Grassified ads does not include any extra formatting: extra bold text, indents, spaces, stars or other symbols. If you require an ad with formatting please enquire about our display advertising rates. Call Sue on 03-5792-4000. ☘

# GRASSIFIEDS

## WANTED TO RENT/CARE-TAKE

**IS ANYONE LOOKING FOR AN HONEST WWOOFER/HOMESITTER/GARDENER** this summer? I've been enjoying WWOOFing in FNQ, but my ideal areas are somewhere near either Maleny, Qld, or Jervis Bay, NSW. I'm after basic accom in return for good honest hard work, outdoors preferably. I'm a keen organic gardener & bush regenerator, uncomplicated 32 year old lady, n/s, n/d, have no pets or kids, just a sense of living lightly on the planet & bringing my positive GR energy your way if needed! If you share the same visions, can advise, help or are interested, contact me. Lara Emerson, C/- Botanic Gardens, MT ANNAN 2567.

**WANTED, HOUSE FOR YOUNG FAMILY** in St Marys district, rental for 2 yrs until get house loan. Up to \$55,000 only. Prefer on lge block & fenced. Ph: 03-6372-2140 Tasmania, or 0419-239-627.

**RESPONSIBLE MATURE WOMAN** with cat & dog seeking functional rustic home on 50+ ac northern NSW between Macksville, Coffs, Grafton & Dorrigo. Large shed for storage necessary & separate studio would be ideal. Rent or rental/purchase agreement. Ph: Gweneth, 07-5445-0567.

## OPPORTUNITIES

**WE WOULD LIKE TO OFFER** you & your family an invitation to come & join us here at Kookaburra Park Eco-Village & become part of the change to help yourself, your family & our future Earth. For more info contact: Barry Davies, Lot 10 Kookaburra Park Eco-village, MS 368 GIN GIN, QUEENSLAND 4671. Ph: 07-4157-2850.

Web: [www.kookaburra.eco-village.com.au](http://www.kookaburra.eco-village.com.au)

**JOINT VENTURE PARTNER** with property near Sydney wanted for small health retreat concept. Contact: Jonathan Richards, PO Box 410, SPRINGWOOD, NSW 2777.

Email: [unitedpeoples@hotmail.com](mailto:unitedpeoples@hotmail.com) or 0410-600-480.

## PUBLICATIONS

**BOOKS, OLD AND NEW**, send for general list. R Suters, PO Box 127, FIGTREE 2525.

### ATTENTION GRASSIFIED ADVERTISERS

- For best results state your requirements clearly and succinctly, but avoid racist, sexist and offensive language.
- Get ads in early so we have time to contact you to clarify any questions which may arise.
- Neat printing is essential so we can print your ad correctly.
- When writing in reply to Contact ads, please bear in mind that most advertisers do not wish to receive 'R'-rated letters. ☹

PLACING AN AD?  
See page 74 for details

**ARE YOU TIRED, CONSTIPATED**, or short of energy? Find out why & what you can do about it in Teresa Schumacher's amazing new book: *Cleansing the Body & the Colon for a Happier & Healthier you!* This book has already led thousands of people just like you to lasting natural relief. Send \$10 to: Book Offer, PO Box 208 GRC, MOE 3825 (30 day money-back guarantee).

**FREE COPY:** This quality produced book titled: *To Enter Aquarius* addresses all facets of our nature – spiritual, mental, emotional & physical. Send to: Dr Wilson, PO Box 429, EARLVILLE 4870, and include \$5 p&h.

**'NATIVE STINGLESS BEES'** for profit or pleasure – how to get started, pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

**'NEW VEGETARIAN & NATURAL HEALTH'**, the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 02-4721-5068.

**'NIMBIN NEWS MAGAZINE'**, is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 issues for \$20, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

**HOME EDUCATION**, for info send SAE to: Alternative Education Resource Group, PO Box 461, DAYLESFORD 3460.

**STEINER HOME SCHOOLING?** A teaching manual by Alan Whitehead on Creativity and Curriculum. Send \$12 to: Golden Beetle Books, Box 329, BLACKHEATH 2785. Ph: 02-4787-5335, fax: 02-4787-5339. Visa-Mastercard.

[www.users.bigpond.com/goldenbeetlebooks/](http://www.users.bigpond.com/goldenbeetlebooks/)

**BOOKS, NEW AND OLD.** Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

## FOOD & KITCHEN

**QUALITY GRAINMILL AND JUICER PRODUCTS**, manual & electric, ph: 02-4751-2477. Web: [www.jucers.com](http://www.jucers.com)

**STONE GROUND FLOUR**, in-home, with a SCHNITZER German quality hand or electric stone mill, 10 models, from \$178. Send SAE for info, add \$5 for video. SCHNITZER MILLS, PO Box 1867, BOWRAL 2576. Ph: 02-4861-1581, fax: 02-4861-1249. Visit our website at [www.schnitzer.com.au](http://www.schnitzer.com.au)

**HOME STONE FLOUR MILLS** – mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome. [www.retsel.com.au](http://www.retsel.com.au)

## MISCELLANEOUS

**RECONDITION LEAD/ACID BATTERIES** at a fraction of replacement. This electrochemistry really works – not a gimmick. Try my easy method of derusting your nails, bolts, screws etc. Don't discard, just derust. More info send stamped SAE: DMD Recycling Systems, PO Box 122, ONGERUP, WA 6336.

Email: [dooly@westnet.com.au](mailto:dooly@westnet.com.au)

**HOW TO MAKE MONEY** selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods & catalogue send \$14.95 to: Williams Imports, PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050. Website: [www.supermoulds.com.au](http://www.supermoulds.com.au)

**'STRATH STEAM'**: stationary steam power generating systems. Ph: 08-8555-5257.

**TEEPEES, VIKING TENTS**, medieval tents, swags, buckskin clothing. Seventeen years experience. BOJO PRODUCTS, PO Box 112, AVENEL 3664. Ph: 0412-368-034, 03-5796-2753 AH. Email: [bojo\\_products@hotmail.com](mailto:bojo_products@hotmail.com) [www.frojel.com/members/bojo](http://www.frojel.com/members/bojo)

**SEPTIC TANKS – HOW TO BUILD** or how to maintain one. Don't desludge! Treat the cause. Booklet \$20. HG Stephens, PO Box 18, EAST MELBOURNE 3002.

## HEALTH AND BEAUTY

**OLIVE LEAF EXTRACT**, nature's antibiotic, safe to use. \$15/200 ml. Info/orders to: J Schloss, MS 571, MURGON 4605.

**NATURAL SKIN PROTECTION & MOISTURISING CREAM.** Contains no solvents, petroleum products, chemicals or synthetics. Benefits all rashes including nappy rash; chafed, cracked & dry skin; dermatitis; eczema; psoriasis; cuts & abrasions. Ideal facial moisturiser. For brochure contact: Nutricell Marketing, 15 Ennio Crt, MACKAY, Qld 4740. Ph: 07-4952-3059. Email: [nutricell@optusnet.com.au](mailto:nutricell@optusnet.com.au)

**LIVING NATURE AUSTRALIA: Alive!!!!** Bio-active skin care from pure plant extracts/cold-pressed nut oils & NZ clays with natural preservatives, honey-based, light texture. Try: All natural shampoo & conditioner; manuka honey hand-cream, day/night creams; wild pansy sun filter etc. Leaflet/mail order/prices: Ph/fax: 07-3236-9223. Email: [livingnatureaus@powerup.com.au](mailto:livingnatureaus@powerup.com.au)

# GRASSIFIEDS

## HEALTH AND BEAUTY

**ONE HUNDRED PERCENT** natural herbal tonics & remedies. SAE to: 167 Goondoon St, GLADSTONE 4680.

**ORGANICALLY GROWN TRADITIONAL HERBAL REMEDIES** for everyday conditions: arthritis, psoriasis etc. For catalogue please send stamped SAE to: Tintagel Herbs, PO Box 27, CENTRAL TILBA, NSW 2546.

**BEE POLLEN**, no additives, \$15 kg. Ring: N Tobin, 08-8285-2559.

**OLIVE LEAF EXTRACT:** Increase your energy level, strengthen your immune system. It's natural, it's safe. Fight against colds, help high blood pressure, stress, yeast problems, Ross River, chronic fatigue & many other forms of virus & infection. 30 day money-back guarantee. 500 ml A\$39.95 (p&h included). Fax: 07-3803-2375. PO Box 210, WATERFORD 4133. Email: a\_newstart@bigpond.com

**SKIN CARE PRODUCTS:** 100% naturally made by Enigmatique. Treat yourself to chemical-free products: cleansers, shampoos, creams, deodorant. Search our website: <http://home.iprimus.com.au/debbgood> for extensive range. Ph: 07-4152-5472 for brochure.

Email: [enigmatique@iprimus.com.au](mailto:enigmatique@iprimus.com.au)

**ZAPPY NAPPY** 'Nappies that don't cost the Earth'. Made of 100% cotton flannelette. One size fits newborn to trainers. Waterproof/breathable overpants, extra liners, patchwork bunny rugs, premature infant nappies and doll nappies. All of our products are quality Australian made. To order please tel/fax: 07-5442-8033, or write to: Zappy Nappy, PO Box 260, EUMUNDI, Qld 4562. Wholesale distributors are required in most areas. Please contact Zappy Nappy for more info.

## FOR SALE

**ROTA-LOO MODEL 650**, complete package, never used. Pre-GST price \$2600. Ph: 03-9584-6694 AH.

**DMD MAGIC PEN:** Engrave/write/draw on metals/glass etc. Real diamond tip will cut glass. \$12. Money order payable: DMD Recycling, Box 122, ONGERUP, WA 6336.

**ABORIGINAL DOLLS**, traditional, contemporary, small, large. Send six 45 cent stamps for details, brochure to: Lily Kauler, 22 Regatta Dve, EDGEWATER, WA 6027. Email: [LKauler84@hotmail.com](mailto:LKauler84@hotmail.com)

## COURSES

**PERMACULTURE DESIGN COURSE** at Crystal Waters. A holistic, integrated, balanced & fun approach to learning – providing opportunities to develop practical, theoretical and philosophical understanding of Permaculture. April 6 – 20, 2002. Tutors: Morag Gamble, Evan Raymond, Max Lindegger, Barb Knudsen and Jenny Allen. Also HANDS-ON PERMACULTURE WORKSHOP Jan 26 – 27 & March 30 – 31, 2002. Ph: 07-5494-4833.

[courses@permaculture.au.com](mailto:courses@permaculture.au.com)  
[www.permaculture.au.com](http://www.permaculture.au.com)

**DEADLINES: GR149 – DECEMBER 20TH  
GR150 – FEBRUARY 28TH**

**PERMACULTURE DESIGN COURSE**, 13th to 26th April 2002. This course is particularly focussed for people applying permaculture in the temperate regions of Australia. This is a professionally run course held on an estab permaculture property – limited to 15 participants. Contact: H Gravestine, 02-6494-2014.

**STUDY PSYCHOLOGICAL ASTROLOGY** to practitioner level from home. Prospectus: Astral Connections, PO Box 62, ST GEORGES BASIN, 2540 NSW. [www.shoal.net.au/~astralc](http://www.shoal.net.au/~astralc)  
**CORRESPONDENCE COURSES:** Aromatherapy Dip, Vitamin-Nutrition Dip, herbs, animal therapies (the Green Vet), folk medicine, psychic healing, Celtic, wicca, psychic self-development. Free brochure, ph: 02-9319-6166, or write: PO Box 138, SURRY HILLS, NSW 2010. Email: [chrysalis@powerup.com.au](mailto:chrysalis@powerup.com.au)  
**PERMACULTURE DESIGN COURSES** with Rick & Naomi Coleman, Southern Cross Permaculture Institute. Next course March 8 – 23, 2002. Call Naomi: 03-5664-3301 for info or, email: [scpi@tpg.com.au](mailto:scpi@tpg.com.au)

## GARDEN & ORCHARD

**GREAT FOR GIFT GIVING**, book *Absolutely Delicious Licorice*, how to grow and use, by Isabell Shipard, & licorice sample – \$10; 3 licorice roots to grow – \$20; 2 vanilla plants – \$20; 4 curry trees – \$20; 6 betel pepper – \$20; 20 saw palmetto seeds – \$10. Shipards, Box 66, NAMBOUR 4560. Ph: 07-5441-1101.

**ELECTRIC SEED SHAKER/SIZER**, sorter, s/steel screens – \$300. Electric seed flailer – \$200. Stainless steel drum, 3' x 3'6", lid – \$250. Diane, C/- Hannam Vale Gen Store, HANNAM VALE 2443. Ph: 02-6556-7600, or 02-6556-7691.

**RAINFOREST SEED COLLECTORS** national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233

**GOURDS, SEEDS, BOOKS AVAILABLE NOW!** In our new catalogue. Send 4 stamps to: The Gourd Father, PO Box 298 GR, EAST MAITLAND 2323. SPECIAL OFFER! Book on growing & drying gourds plus 2 pkts seeds mixed, 1 sml & 1 lge, plus free catalogue, \$27.90 incl p&h & GST.

**COMPANION PLANTING CHART:** over 90 vegetables, herbs and fruits, including plants as insect repellents. Sow When Chart: Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

All ads on these pages are accepted at the discretion of the publishers

**BAMBOO PLANTS**, lge range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

## LIVESTOCK

**GOATS (BOER X AND CASHMERE)**, gentle and productive. For organic weed control, meat, fibre or companionship. Commercial or pets, kids, to adult, most colours. Ph: 02-6892-5234.

## SERVICES OFFERED

**HOME PLANS.** *The Earth Builders Plan Catalogue* (180 pages), includes: 92 plans for handcrafted buildings (83 homes & 9 workshops, cabins & carport) of mudbrick, rammed earth, stone, poleframe, timber, poured earth, straw-bale, construction details; a working drawing of a small loft floor home (12 x A3 sheets) is included. Mail \$95 (post & pack incl) to: John Barton – Building Design, 31 Sharp Street, NEWTOWN, Vic 3220. Email: [jbarton@pipeline.com.au](mailto:jbarton@pipeline.com.au)  
Enquiries to 03-5222-5774 for fixed quote to draw and document your home plan. Cheques, Mastercard, Bankcard, Visa accepted. Free 23 page brochure is available.

**RONITA, INDIAN CLAIRVOYANT:** Genuine service at reasonable rates – \$30 for 15 mins – credit card only, from 11am to 8pm. Ph: 03-5176-2521. Also visit: [www.ronitapsychic.com](http://www.ronitapsychic.com) for one free email question.

## HOLIDAYS

**MUDGEERABA**, Gold Coast Hinterland, b/b or full board avail in beautiful home with pool on acreage close to township. For particulars please phone: Mrs Williams, 07-5530-3662.

**ORGANIC HOLIDAY FARM** nth Tasmania: Modern solar house, 3 b/r, FSC. Pick your own produce, bikes & canoe avail, near beaches & nat pk. Ph: 03-6428-6144.

[www.southcom.com.au/~heron](http://www.southcom.com.au/~heron)

**NIMBIN AREA**, cabin, caravans, subtropical garden, inside large community. Ph: 02-6633-7037. Web: [www.spot.com.au/~sundara](http://www.spot.com.au/~sundara)

**MORUYA – FAR SOUTH COAST NSW**, bush cabins, romantic 1 b/r and family 2 b/rs. Big open fires. Horses, dogs welcome by arrangement. \$300 per week, \$125 per weekend. Ph: 02-4474-2542.

**LAMINGTON GLEN**, r/forest retreat, secluded cabin – everything supplied except food. Ph: 07-5544-8166.

**FINCH HATTON GORGE**, Eungella Nat Pk Qld. Platypus bush camp, camping & tree huts, great walking area, the alternative holiday. Ph: 07-4958-3204. Website: [www.bushcamp.net](http://www.bushcamp.net)

## HANDCRAFTS

**STRANDED COTTON BUNDLES**, 100 x 8 m skeins, 50 colours – \$22 post free. Big bundles stranded cotton, 230 colours – \$50 post free. Weaving reeds, 8 – 15 dents. Send 45 c stamp for list. ARTY & CRAFTY, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763, fax: 08-8277-9402.

# GRASSIFIEDS

## HANDCRAFTS

**BEAUTIFUL HOMEMADE BARBIE CLOTHES**, ranging from casual to wedding gowns. For brochure contact: Wendy Ryan, 16 Elizabeth Dve, BUCASIA, Qld 4750. Ph: 07-4954-8463. Email: bryan@vtown.com.au

**HOMEMADE HERBAL CRAFT GIFTS** made from all natural products (ideal Christmas presents). For brochure contact: Nutricell marketing, 15 Ennio Crt, MACKAY, Qld 4740. Ph: 07-4952-3059. Email: nutricell@optusnet.com.au

**BEADS BEADS BEADS** – unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Catalogue is \$10 with samples. Please send payment to: Tsunami, PO Box 129, WALPOLE 6398.

## WANTED

**SMALL MOUNTED TYPE GRAHAM PLOUGH** – suited to 35 HP tractor. Used in keyline plan farming. Ph: Alan 07-4664-8347.

## CLUBS

**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA) and ECO-CHOICE (our mail-order store). Enquiries; information; clinics; membership & catalogue. Contact NAAA, PO Box 48, HARRIS PARK, NSW 2150. Email: naaaauz@yahoo.com. Ph: 0415-928-028.

**AFFILIATED DONKEY SOCIETIES OF AUSTRALIA**. For info on membership, magazines and help avail write to Ms Ann Fletcher, 74 Bells Lane, Kurmond, NSW 2757. You will be contacted by the representative in your state.

## CONTACTS

### NEW SOUTH WALES

**DOWN-TO-EARTH, ATTRACTIVE, LIBERATED**, educated, artistic lady, spiritually minded, mid fifties. Looking for male and female persons to rent mobile home and flat on a very attractive horse property, a caring community spirit essential, 10 mins out of Murwillumbah. Ph: 02-6677-9282.

**WOMAN IN SIXTIES** searching for warrior prince, share liking for rodeos, jazz, trees, fishing, writing. Turn the world upside down with me. Reply to: Princess, PO Box 825, TAREE 2430.

### DON'T WANT YOUR ADDRESS PUBLISHED?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 117, Seymour 3661 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$10 for this service, so please add this to the amount when calculating the cost of your ad and include it with your Contacts Grassified. ✉

### PLACING AN AD?

See page 74 for details

**IS THERE A GOOD MAN**, a true Christian, who wishes to start over in a fundamentally new way? SW region. Please write to: Kay (GR148), C/- PO Box 117, SEYMOUR 3661.

## QUEENSLAND

**SINGLE WOMAN** long enough on my own, many interests. Please write: L.F. (GR148), C/- PO Box 117, SEYMOUR 3661. Ph: 07-4972-1548.

**FREE POSTAL CONTACTS** for lone singles 18 – 80. Send SAE to: 172 Lucas Dve, LAMB ISLAND, Qld 4184.

**VEGETARIAN MALE**, 49 yrs, intelligent, slim, n/s, n/d, naturally affectionate & caring. I enjoy the outdoors, gardening & cooking. Looking for the right woman (or mother & child) to love & care for; someone sincere & caring, of any age from about 25 to 45. Wayne Pollard, PO Box 235, GIN GIN, Qld 4671. Ph: 07-4157-2736.

**ABSOLUTE GRATEFUL CREATIVE** evolved Aries man, Sco-moon, inviting soul mate, celebrate life as reward for having solved our past karmas. Both capable of surrender to love, beyond egocentricity. Possibly 47+, or ageless through spiritual awareness, willing to share needs of bodysoul in harmony and equanimity; to be confirmed compatibility. Reverence for bodily self & spirit, shown by bodyform & lifestyle. Content on pensioner's supply, own permaculture 10.3 ha home. Grateful for photo and/or detailed intimate description of miracle body & spirit. Address confidentially to: Anutosh, Lot 109 Burnett Hwy, GOOMERI 4601.

**FORTY-YEAR-OLD FEMALE**, no kids; loves animals, plants, bushwalks. Wishing secluded country life, sth Qld – nth NSW. Seeking clean-shaven guy re perm r/ship, n/s, n/d, similar interests. 'Kats', PO Box 288, TENTERFIELD 2372.

## VICTORIA

**COUNTRY GUY**, 5 ft 7 in, 38 yr old, Harley rider with country retreat, into travel, restoring cars, outdoor life, music, n/s, GSOH, likes kids, seeks slim attractive lady, no hangups, any nationality, for lasting r/ship. Scott Gerrard, PO Box 106, BEAUFORT 3373. Ph: 03-5354-5565.

**INDEPENDENT CHRISTIAN LADY**, 40+, lover of travel & culture, seeking genuine friendship with like-minded person. I work in health education & house WOOFERS on my organic suburban farm. Barb (GR148), C/- PO Box 117, SEYMOUR 3661.

**CAPRICORN WOMAN**, 33 yrs old, seeks broad-minded male with GSOH who finds infinite pleasure in the simple things life has to

### ANSWERING A CONTACT AD?

Please put each letter in a separate stamped envelope addressed C/- GR. We will re-address & forward it. Don't forget to put the issue no. on reply, i.e: Skye (GR 138). ✉

offer. Age & nationality open. Life is not a race but a journey to be savoured every step of the way. Please write: Julie (GR148), C/- PO Box 117, SEYMOUR, 3661.

**WOMAN FIFTY-FIVE**, living Melbourne's east, into Eastern religion, the environment, organics, issues, music. Seeking special open-hearted man. Please write: Colleen (GR148), C/- PO Box 117, SEYMOUR 3661.

## WESTERN AUSTRALIA

**VERY ATTRACTIVE PETITE LADY**, young late 40s, long hair, loves the ocean, forest, nature, yoga, music, sunsets, keeping fit & more. Seeks guy about 40 to 50, tall to average, down-to-earth, good looks, strong, fit & feeling, intelligent and fun, similar interests. Photo appreciated. Sincere Jane, C/- PO Box 6182, BUNBURY, WA 6230.

**WHERE HAVE ALL THE TREES GONE JANE?** Come & plant some with me – 37 young Tarzan in WA on a hobby farm. 1½ hrs from Perth. Ph: 08-9887-5021.

**MIDDLE-AGED HIPPIE** (Gemini), sml orchard 1½ hrs from Perth, like some company to help pick & eat fruit, maybe wash it down with dry white wine. Exchange handyman skills for some good company & great cooking. Ph: 08-9883-6118.

## TASMANIA

**SPIRITUAL, PETITE, GENTLE**, 44 yrs young vegetarian lady, seeking vegetarian, n/s, n/d, spiritual, sensitive & compassionate man who takes pleasure in romance & not afraid to express their feelings to hopefully be my soul mate & share my attempt at s/suff on my property in Tasmania. My interests incl s/suff, permaculture, love of animals, natural therapies, reading, yoga & living a simple but meaningful life. Dislikes: loud aggressive people, dishonesty & insensitivity. If you are interested in sharing my dreams of s/suff & days & nights full of romance please reply: Virgo, PO Box 267, SHEFFIELD, Tasmania 7306.

## AUSTRALIA-WIDE

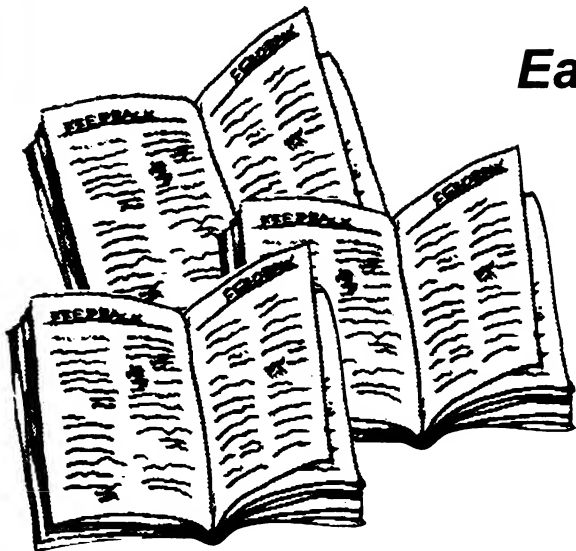
**EUROPEAN-BORN TAURUS**, 64, retired but still very active & full of life, living on a few ac on a lge lake in eastern Vic surrounded by nat pks. I am healthy, n/s, n/d, enjoy healthy food, gardening, music, nature, birdlife, bushwalking, boating, travelling & lots more. Seeking an independent, intelligent & creative lady with similar interests to plan & share a happy future together. Taurus (GR148), C/- PO Box 117, SEYMOUR 3661.

**GENTLEMAN**, long-term English migrant, semi-retired, 49, 6 ft, handsome, caring, healthy, educated, inexperienced, n/s, n/d, fit, have accent, handyman. Likes classic & soul music, arts, singing, caravanning. Seeks female 20s – 40s, n/s, natural, open-minded, spiritual, interesting personality, for friendship with view to relationship with older man. Photo appreciated. Prepared to relocate anywhere. Graham (GR148), C/- PO Box 117, SEYMOUR 3661.



# Can't find your back copies?

*What you need is a binder to keep them in order!*



*Each binder is rich burgundy  
complemented by a white  
Grass Roots logo.  
Each one holds 10 issues.  
\$15.80 plus \$4.00 p&h.*

*See page 82 for order form.*



## Give a GR Subscription for Christmas



Introduce friends and family to down-to-earth sanity  
A gift subscription to:

**AUSTRALIA'S MOST POPULAR SELF-SUFFICIENCY MAGAZINE**

Offer expires 31/12/2001



To:.....

Address:.....

.....

.....Post Code.....

Ph:(day) (.....)

From:.....

**We'll send your friends a card acknowledging your gift**

**Grass Roots, PO Box 117, Seymour 3661, Australia.**

Current November, 2001

4/55 Anzac Ave. Seymour

# Subscribe to Grass Roots

## Your Ticket to Peace and Freedom

*Subscription cost includes postage and handling.*

- ☐ Australia, one year, \$36.30 (incl. GST)
- ☐ Australia, 2 years, \$72.60 (incl. GST)
- ☐ Overseas, one year, A\$50.00 (Bank draft/credit card only)



Name:.....

Address:.....

.....

.....Post Code.....

Ph:(day) (.....)

Email:.....

Credit Card(tick): ☐ Visa ☐ Mastercard ☐ Bankcard

N°

Expiry Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_

Subscription (incl p&h) \$.....

Back issues @ \$5.00ea \$.....

(includes postage and handling)

N°s:.....

Total price of books \$.....

Postage and handling \$.....

(books only)

Total enclosed \$.....

## Grass Roots Books

*Tick the appropriate boxes then work out the postage and handling costs from the chart below.*

- |                                                                                                                     |         |
|---------------------------------------------------------------------------------------------------------------------|---------|
| <input type="checkbox"/> Grass Roots Livestock Index.                                                               | \$5.50  |
| <input type="checkbox"/> The Bullock Driver's Handbook – Arthur Cannon. Pioneer skills for sustainable living.      | \$16.45 |
| <input type="checkbox"/> Country Scents – Alan Hayes. Make your own cosmetics at home.                              | \$10.95 |
| <input type="checkbox"/> Natural Horse Care – Pat Coleby. A classic - from soil to natural treatment and remedies.  | \$21.95 |
| <input type="checkbox"/> Natural Farming and Land Care – Pat Coleby. Organic farming manual.                        | \$21.95 |
| <input type="checkbox"/> Poultry Breeders Directory. Breed descriptions and breeders contact info.                  | \$11.00 |
| <input type="checkbox"/> The Healthy Cat – Madelaine Wright. Keep moggy happy using natural methods.                | \$16.50 |
| <input type="checkbox"/> Going Tropical – Ron Edwards. Northbound survival guide. (Incl. tropical fruit varieties.) | \$16.45 |
| <input type="checkbox"/> Your First Pony – Beverley Heselton. A must for the young rider.                           | \$16.50 |
| <input type="checkbox"/> Binders for Grass Roots. Keep your precious collection together.                           | \$15.80 |

### Postage and Handling, Books Only

Up to \$25.00 - add \$4.00

\$50.00 - \$80.00 - add \$8.00

\$25.00 - \$50.00 - add \$6.00

Over \$80.00 - add \$10.00

*Within Australia. Overseas prices add 50%.*

*Post with cheque, money order or credit card details to:*

**Grass Roots, PO Box 117, Seymour 3661, Australia.**

## Vegetables Herbs Flowers & Bulbs

Established 1923

Australia's best range of old and new varieties in Home Garden packets. Many special purpose varieties and definitely no Genetically Modified Seed stocked or sold.

Our FREE 40 page colour catalogue gives full details and is available now. Just mention GRASS ROOTS when requesting your copy. No obligation.



**New Gippsland  
Seeds & Bulbs**



Internet: [www.possumpages.com.au/newgipps/index.htm](http://www.possumpages.com.au/newgipps/index.htm)

Email: [newgipps@bigpond.com](mailto:newgipps@bigpond.com)

Postal: PO Box 1, SILVAN Vic 3795

Farm: 181 Queens Rd, SILVAN.

Telephone: 03-9737-9560

Freefax: 1800-088-077

ABN 57 027 073 558 ACN 006 612 988

## Why flush all that precious water down the toilet ?

### The Nature-Loo Classic

is Australia's best-selling domestic waterless toilet.

And it's the lowest cost, water-free, environmentally positive alternative to septic. At \$2,065, it's no wonder thousands have been sold Australia wide. Other waterless toilets available from \$645.

- No water • No odour
- Owner installation
- Owner maintenance
- Expandable capacity

See it at [www.nature-loo.com.au](http://www.nature-loo.com.au)  
Or call now for a comprehensive info pack

**nature LOO**

**07-3870-5037**

19 Ivy St Indooroopilly Q 4068

**EZi**

HIGH SPEED DRIERS

**ENJOY YOUR HOME GROWN PRODUCE ALL  
YEAR ROUND WITHOUT USING CHEMICALS,  
SALT OR SUGAR.**

For as little as 3 cents an hour Ezidri dehydrators allow you to dry between 5 and 30 trays at once. Ideal for drying fruits, vegetables, meat, flowers and herbs.



FROM  
**\$149**  
rec retail

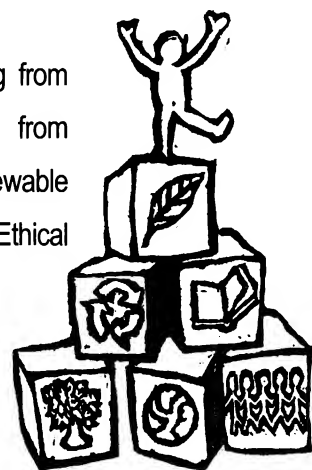
3 models: Classic \$149, Snackmaker \$199, Ultra FD1000 \$369 (rrp)

For your free bush recipe booklet, brochure or nearest stockist **FREECALL 1800 671 109**

Hillmark Industries Pty Ltd: 664 South Road,  
Glandore, SA 5037 [www.hillmark.com.au](http://www.hillmark.com.au)

## celebrate your principles

With over 80 diverse investments – ranging from schools to recyclers, from organic farms to renewable energy – Australian Ethical Investment will maximise your return and minimise your risk . . . ethically.



**Save with Australian Ethical Investment**

phone 1800 021 227 now for a prospectus  
or visit our website [www.austethical.com.au](http://www.austethical.com.au)

Applications for investment can only be made on the form contained in the current offer document (Lodged with ASIC) which is available from Australian Ethical.

Suite 66, CBC, Downer ACT 2602.





ISSN 0310-2890

06



9 770310 289013